



# House of Light Church

*Sr. Pastor - Rev. Ken J. Gordon, Jr., Ph.D.*

## **Weekly Wednesday Fast Day Guidelines**

1. Wednesday Fast Days are not mandatory. They are voluntary. Do not feel like you must fast every week. Do so, as the Lord leads you. If He never leads you, then you really need to fast! 😊
2. When you get up in the morning, anoint your head with oil and wash your face, according to Matthew 6:17.
3. Place in your mind the reason for your fast. You should always have something in mind regarding why you are fasting. Never fast for unspecified reasons.
  - a. First, fast according to whatever the Pastor has provided as a focus.
  - b. In the absence of the Pastor providing a focus, fast according to your needs.
  - c. If you have no needs and the Pastor has not provided a focus, fast for the needs of others.
4. The Weekly Wednesday Fast is a “no solid food” fast. This means:
  - a. Coffee, tea, smoothies, and other liquids are acceptable.
  - b. You should not eat solid foods, of any kind, until the fast is completed.
5. Fast from 5 am (or whatever time you rise) until 5 pm.

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*Address – 9900 Poplar Tent Rd., Concord, NC 28027*

*Website – [www.hoflchurch.org](http://www.hoflchurch.org) ~ Phone (704) 709-5003*



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## **Dos & Don'ts during your fast**

- Do
  - Speak life into your life, by reading The HOLA Affirmation first thing in the morning, at lunch, and again in the evening.
  - Pray in the morning, at lunch, and in the evening
  - Listen to gospel or Christian music throughout the day
  - Read your Bible at some point during the fast. I recommend you read chapters from the book of Psalms. Start off reading Psalm 1, then read 2 – 3 chapters per Fast Day until you finish the book of Psalms. Give yourself several fast days to complete Psalms 119.
  - Think on good and positive things, according to Philippians 4:8-12.
  - Look for opportunities to do Good Works and to Let your Light Shine.
- Don't
  - Stop fasting if you accidentally, or without thinking, eat something. Repent and continue with the fast.
  - Listen to music or look at movies that do not positively feed your inner Spirit.
  - Allow yourself to get into a bad mood, argue, or confront negativity. During the fast, avoid these things as they are distractions.
  - Announce you are fasting and look sad. Even if you are hungry or have a hunger headache, put on a happy face, as what you are doing is persecuting flesh for the sake of the spirit.

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