

Ark Church Fasting 2022

It is my desire for everyone who is connected to me to experience abundant life. To embrace abundant living, one must intentionally and deliberately draw closer to God. We all have a strong need to intensify our relationship with the Almighty.

January 2022 will be referred to as our **Firstfruit/Fresh Start Month**

- **Firstfruit Means - Giving your first to God, (the first check, the first pay etc.)** Understanding it all belongs to Him. Committing to a Firstfruit Offering in January, blesses our year and everything we receive thereafter for the rest of the year. (*Ezekiel 44:30, Proverbs 3:9-10*)
- **Fresh Start – Fasting.....**There are two areas in which we need a fresh start; our spiritual development and in our health. To accomplish this, being led by the Holy Spirit, we can achieve these things through fasting. Fasting is the vehicle which gets us closer to God. Fasting also promotes better health.

Our period of fasting will begin on January 3rd and conclude on January 31st. I am asking everyone connected to our church, and beyond, to commit to doing some type of fasting during that given time period. You are at liberty to determine what works for you. Some will do only a day or multiples days, some will do more than a day, some will do a week and some will do more than a week. This fresh start fasting will be for you to decide what works for you. I have posted an 11 minute video on our website, explaining fasting in a way I feel is very simplistic. Fasting is altering your lifestyle as much as you can to make more room for God.

It is very important, that we make a commitment, towards improving our health. In our community we are dying because of a lack of commitment to get healthy. Fasting will jump start our bodies towards getting healthier.

Again, our website has information on Firstfruit and Fasting. Together lets embrace abundant living like never before. I am anticipating a phenomenal 2022. Our website is www.arkchurch.com.

Blessings!

Bishop J.L. Carter