



— the Chapel at Seaside —

FROM THE TOWER

JAN 2025 | FASTING

Invitation to a Fasting Experiment

In February we are inviting you on a journey, Church!

Would you consider accepting our invitation?

Before you say “no”, let me just remind you that you are committing to nothing outside of a little effort to show up and to try something new in your spiritual life. We did this in October 2023 with Sabbath, and in April 2024 with Prayer. Are you ready to jump in on experimenting with another spiritual practice? We are gearing up for a journey through Fasting. Why? Because we want to see what happens if everyone in our church **trained together** in the spiritual practice of fasting? We have seen tremendous results from our body of believers taking prayer more seriously over the last 10 months, it is so exciting to watch the Lord work in the lives of our people and community.

WORDS ABOUT WHY YOU MIGHT FAST

As the Leadership of this church, we are not your relationship with Christ and could never be. You forge the way of your familiarity and closeness with God. You choose how to spend your minutes and resources. We, however, can help train you with the tools necessary to build a beautiful life in Christ. For this, fasting may be exactly what you have been missing.

We know that the season of Lent will start on the heels of this practice. For many people Lent is a time of fasting, but for many more you don't even know where to begin. We hope that what happens in your life in February through fasting will, if nothing else, give you greater understanding about what the practice of fasting may provide for your spiritual life. And, as always, we want to be absolutely clear...**GROWTH** is what we are after, not legalism or some performative perfection. One of the reasons we try things is to see if they produce any fruit worth the effort. When it comes to an experiment of our spiritual life, we always start with the question, “What do you have to lose?”

We hope you will read on and dare to join us in our fasting experiment.

*Abide in Jesus, be changed by Jesus, do what Jesus did
for the glory of God and the good of others.*

What Do We Know?

We, Andrew and Sarah, **want you to know that we would never ask you to do something we aren't already doing.**

This Fasting Practice is something that we have already done with a group of people. Not only did it push us out of our comfort zone, but it taught us new ways to depend on God. To be honest, this is one of those practices that gets a ton of pushback – and we get it. It is not easy to do, but we hope that, like us, you would at least consider leaning in and seeing if the Lord may have something for you in and through the practice of fasting. We both have a regular rhythm of fasting...sometimes we are stringent and sometimes we are not, but we know the benefits and the focus it can provide. You may be much further along in the journey than we are and we are grateful that you are here with us. No matter where you are as we head into February, we are grateful and excited to be on this journey with you!

How to Participate

Step 1. Each Sunday in February, starting Sunday, February 2nd, Andrew will be teaching on a different aspect of fasting. You can join us for worship, tune in online, or listen to the podcast.

Step 2.

If you are a part of a Chapel Community, we are asking for your group to meet each week in February, starting as early as the week leading up to February 2, to watch the video, discuss the content and how your experience trying fasting is going and developing. You should have already received an email about this.

If you are not part of a Chapel Community and want to join the journey here are two suggestions.

You can absolutely do this in whatever town you call home. We are giving you all the resources. We **STRONGLY** suggest you invite at least one friend into the journey – send them the link and ask them to join the group and get access to the content and then make a plan to set a time to meet to journey through the course together and talk about how it is going.

If you are not part of a Chapel Community and would like to be...We are hoping to launch a few groups who meet just for the month of February so they can do this together. If you would like to open your home, invite a couple of friends over, and plug in some technology, we would love to set you up to host...and can probably recommend some folks who would like to join you. If this is you, contact Sarah at Sarah@thechapelatseaside.com.

Step 3. Only do this if you are not in a Chapel Community and want to watch the videos on your own time weekly.

Our friends at Practicing the Way have developed curriculum to teach and guide through a fasting practice. Just click the “click here” button to gain access to video teaching and a plethora of other resources like podcasts, free downloads, and such. Follow the link – the resources will be available and will be accessible each Sunday in February.

click
here!

All the Resources

There are so many resources for learning more about fasting. You can access many of them by joining our journey with that [round "click here" button](#) in the **How to Participate** section. You can also read about some of them on this page, or you can find all of this information living on our website at Thechapelatseaside.com/fasting

The first resource you will want is the Fasting Guide. It is free to download. Or you can order it on Amazon. It is a handy workbook with all kinds of info you will return to as you are walking through this fasting practice.

Fasting Guide Book - Download on the Practicing the Way site.
[Link to order on Amazon](#)

Rule of Life Podcast Listen to episodes Fasting 1-Fasting 4. One for each week

Our friends at Practicing the Way make amazing resources and offer them to us for free. One of the tools I really appreciate is the podcast. You can get this podcast anywhere you listen to a podcast.

After you watch the video for your week, take some time to listen to the coordinating podcast to gain deeper understanding and practical application for what you heard on the video.

These are worth your time - I promise!



While there are many, many resources on fasting - here are a few we recommend if you are wanting to go a little deeper.

Practicing the Way recommends **God's Chosen Fast** to start with.

Here is another book. To be clear, we have not read this one yet, but it comes out on February 11th with a recommendation from John Mark Comer, so we will put this out here for your discernment: **How to Fast: Rediscover the Ancient Practice for Unlocking**

Physical, Emotional, and Spiritual Renewal

Why We Take Spiritual Practices Seriously

We call it “running a practice” when we offer a curriculum designed to teach you a spiritual practice. In October 2023, we ran the Sabbath practice, and in April 2024, we ran the Prayer practice. Some of you participated, some of you tried, some of you thought about it—and, let’s be honest, some of you didn’t even think about it. And that’s okay.

Our hope is that over the next several years, we’ll introduce you to nine different practices to learn about and experience. We don’t expect you to adopt them all, but we hope you’ll get a chance to explore each one and see how it might transform your life.

When it comes to spiritual practices, there are three important things we want you to know (at least for today):

1. **This isn’t about adding more to your to-do list.** The goal is actually to simplify your life. Spiritual practices help remove what weighs you down and steals your time, attention, and joy. You already have a busy life...let’s be intentional about what fills your time.
2. **It’s more about stopping than starting.** For some practices, like prayer, you may need to start something new if you’ve never prayed before. But others—like silence, fasting, or Sabbath—require stopping. You stop doing so you can abide.
3. **Every practice is different.** Some, like Sabbath, may feel very hard for some of you. Others, like prayer, might feel more natural. But all of them are worth learning, especially if we’re committed to the life-long, slow, and ever-changing journey of faith.

We believe Jesus modeled these practices for us, and as his followers, we’re called to explore how they shape our lives. This is why we care so deeply about teaching the practices. We believe it’s the Church’s job to equip you to live out your faith—not just on Sundays, but in your home, workplace, dorm room, at the beach, during dinner with friends, and everywhere in between. Teaching these practices is like putting tools in your spiritual tool belt. They’re there when you need them, and now you’ll know how to use them.

We don’t expect everyone to integrate all nine practices into their lives. In fact, it’s been said that the average Christ-follower prioritizes 3–4 practices. Of those, 2–3 should feel relatively natural, while one will likely be more challenging. Why? Because without challenge, there’s no growth. And when those 3–4 practices become second nature, it might be time to stretch yourself further.

Let us be clear: aside from prayer, no spiritual practices are commanded. **We’re not promoting a works-based salvation or legalistic faith**—Jesus already accomplished the work on the cross. But when Jesus offered abundant life, we don’t believe he meant you have to wait until you die to experience it. Abundant life is available today.

Spiritual practices are a means of becoming a person of love—a person living life to the fullest, a person who looks like Jesus and serves as a light to the world. When we abide in the ways of Jesus, we’re changed by him, and we embody his ways and this is all for the glory of God and the good of others.

Jesus called us to go and make disciples. Spiritual practices are the guards and guides that help us along the way.