



For an in depth teaching on fasting, visit:

[OneLove.org/fasting](https://OneLove.org/fasting)

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FAST



*Join the One Love family for a three day  
corporate fast from April 16-18, 2025*





Aloha One Love Ohana! Thank you for joining us for these 3 days of prayer and fasting. We are full of expectation for what God will do as we come together to seek His face, and know that as we draw near to God, He will draw near to us with new mercy and power.

Our prayer is that the life, death, and resurrection of Jesus would minister to your hearts and minds to bring about a deeper love for the Lord and a true desire to see the lost come to salvation.



### *Purpose of fasting*

One reason we fast is to abstain from routine habits for the sake of spiritual hunger and focused prayer. You may not be able to fast from food due to health reasons, etc., so consider abstaining from social media, television, or any other habitual practice in your day.

### *Levels of fasting*

- If this is your first fast, ease into it. Don't feel pressured to go without food for all three days. Start by fasting one meal per day, then gradually build up. If you are fasting from food, we typically encourage a juice fast, which would include fruit juice, soup, broth and water.
- An intermediate-level fast is known as the "Daniel Fast," where you abstain from select food, meat, and wine, and only eat vegetables and drink water.
- If you have prior experience fasting, we recommend a "water only" fast.

### *Directions for this fast*

The churchwide fast begins after dinner on Tuesday, April 15. Don't eat a massive, greasy meal as your last meal. You'll regret it!

Each day of the fast, find a 30-minute time slot (at least) to read that day's devotional and pray. Ideally, this is in a quiet, distraction-free place where you can have uninterrupted time with God. During that time, ask Jesus to be your nourishment! Feasting on the Word of God will do wonders for a growling stomach. There are also songs to help us meditate on Jesus and contemplate the Scriptures. The meditation part is key. It bridges the gap between hearing from God (in Scripture) and speaking to Him in prayer.

**This will be the model for our daily devotionals during this fast:**

*"What we take in by the Word, we digest by  
Meditation, and let out by prayer."*

– Puritan Thomas Manton

## Day 1 - His Life: Suggested Reading - Matthew 20:25-28

### Including your family

If you have kids, this is a great opportunity to include and introduce them to the concept of fasting. Make sure you clarify the purpose of fasting in an age-appropriate manner. To learn more about fasting, watch Pastor Mike's video sermon available at [OneLove.org/fasting](https://www.onelove.org/fasting).

#### Here are some fasting suggestions for your keiki by age:

##### Ages 5-9:

Abstaining from candy, soda and dessert.  
Limit screen time and add worship time.

##### Ages 10-13:

Abstaining from one meal per day. This HAS to be done wisely and with faith. If it is an intense sports season, consider a protein drink as a meal replacement. Limit screen time and add worship time.

##### Ages 14 and older:

Depending on the maturity of your child, allow them to fast as you would, with adult supervision. If your children are abstaining from food, this is a great opportunity to be more intentional with family prayer and/or devotions.

28 "just as the Son of Man did not come to be served, but to serve, and to give His life a ransom for many." **Matthew 20:28**

True greatness in life is not found in grandeur or prestige. It will never be found in status or title. It isn't found in accomplishments or qualifications. It will not be found in wealth or strength. True greatness is found in humility and service.

These verses are a familiar picture of how Jesus instructs the disciples to live in the world. They are chosen by Jesus Himself so that they would carry on the message of the Gospel when He ascends to the right hand of the Father. If they are to carry the message of Christ, then they must also display the character of Christ.

In this verse, Jesus tells them who He is and what He came to do.

He is the Son of Man. The Son of Man is a glorious title found in Daniel 7. It paints a Messianic picture of One who will come to the Ancient of Days and receive glory, dominion, and an everlasting kingdom so that all peoples and nations might serve Him. This is what Jesus is worthy of. However, in Matthew 20:28 Jesus says that He came "not to be served but to serve."

This is the humility of Jesus. He who is worthy of being served by all nations, instead lays down His life in service so that He could, with His blood, purchase for God a people from every tribe, tongue and nation. This is true greatness. As we draw near to the celebration of Christ's death and Resurrection, let us remember His life. Remember that it was one of service, sacrifice, and humility. I pray our hearts overflow with thankfulness for His service to us and that our minds are set on living like our Savior.

#### Additional Reading:

**Philippians 2:3-10; Daniel 7:13-14**

#### Songs:

"All I Have is Christ" by The Worship Initiative  
"His Robes for Mine" by Hymns of Grace



## *Day 2 - His Death:* *Suggested Reading - Colossians 2:8-15*

13 "When you were dead in your transgressions and the uncircumcision of your flesh, He made you alive together with Him, having forgiven us all our transgressions, 14 having canceled out the certificate of debt consisting of decrees against us, which was hostile to us; and He has taken it out of the way, having nailed it to the cross.

**Colossians 2:13-14**

There's a reason why it is called "Good Friday." The focus of the cross is often the brutality endured by Jesus. We see bloodied images of Christ or picture those movies that depict the cross. Make no mistake, the cross was ugly. It was the greatest injustice in the history of man. But, the cross was also beautiful. Through the death of Christ on the cross, we have been reconciled to the Father. Through the cross, we have been made dead to sin and alive to righteousness. By His wounds we have been healed.

The message of the cross is the power of God to those of us who are being saved. Our record of debt has been canceled. Through the cross, Christ has triumphed over the rulers and authorities in the heavenly places. Through His death, we live. The cross, which was meant to bring shame and dishonor, has become our boast. The cross is a declaration of God's love for us. It testifies loudly of the victory He has won. He is the sufficient sacrifice, and our sins have been removed.

We should never forget that it was our sin that put Him there, but we should not dwell in that place for long. Let our celebration of "Good Friday" not be a funeral march, but a celebration of God's great mercy and love for us. Let us pray that many others will receive this mercy and love that we have so richly received.

**Additional Reading:**  
**Luke 23:33-47; John 19:16-30**

### **Songs:**

"The Cup Was Not Removed" by Shane and Shane  
"How Deep the Father's Love for Us" by King's Kaleidoscope  
"All Sufficient Merit" by The Worship Initiative

## *Day 3 - His Resurrection:* *Suggested reading - 1 Corinthians 15:50-58*

55 "O DEATH, WHERE IS YOUR VICTORY? O DEATH, WHERE IS YOUR STING?" 56 The sting of death is sin, and the power of sin is the law; 57 but thanks be to God, who gives us the victory through our Lord Jesus Christ." **1 Corinthians 15:55-57**

Behold the King of Glory has defeated sin and death! Christ is risen from the grave and stands in power and victory. The tomb is empty, our King has conquered, and He is worthy of all glory, honor, and praise. What a joy it is to stand with Christ in victory! Death is not master over Him, and it is no longer master over us. We have been set free. Rejoice, child of God, and praise the Champion who went to war with sin and death for you. His victory is now yours, and will be, forevermore.

4 "Therefore, we have been buried with Him through baptism into death, so that as Christ was raised from the dead through the glory of the Father, so we too might walk in the newness of life. 5 For if we have become united with Him in the likeness of His death, certainly we shall also be in the likeness of His resurrection, 6 knowing this, that our old self was crucified with Him, in order that our body of sin might be done away with, so that we would no longer be slaves to sin." **Romans 6:4-6.**

We are no longer slaves to sin because of what Christ has done. Do not wait until death to enjoy the power of the Resurrection. It is yours now in Christ Jesus. May you walk in the fullness of that truth and pray fervently that the lost may come to see the glory of this truth as well.

**Additional Reading:**  
**Romans 6:1-11**

### **Songs:**

"Come Behold the Wondrous Mystery" by Shane and Shane  
"Christ our Hope in Life and Death" by Matt Boswell and Matt Papa  
"Christus Victor" by Keith and Kristyn Getty