

EASTER

*Join the One Love family for a three day
corporate fast from April 1-3*



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, March 31**. 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

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.

Day 1 - The Father

Romans 5:6-11

⁶ For while we were still helpless, at the right time Christ died for the ungodly.

⁷ For one will hardly die for a righteous man; though perhaps for the good man someone would dare even to die. ⁸ But God demonstrates His own love toward us, in that while we were yet sinners, Christ died for us. ⁹ Much more then, having now been justified by His blood, we shall be saved from the wrath of God through Him. ¹⁰ For if while we were enemies we were reconciled to God through the death of His Son, much more, having been reconciled, we shall be saved by His life. ¹¹ And not only this, but we also exult in God through our Lord Jesus Christ, through whom we have now received the reconciliation.

For all of human history, there have been deep thinkers. People whose minds are stirred to consider the why and the how of the universe in which we live. Brilliant men and women have spent hours, days, and decades pondering the things that are. But, if every great mind came together, and every advancement in technology were deployed, and all of human knowledge and wisdom were used, we still would not be able to understand a fraction of the depth of the Father's love for us.

When we consider the ocean or the vastness of space, we have words to describe their immensity. We understand something of the size. We could say that the ocean is deep or expansive. We could say that space is infinite and beyond our capability to see. But even these words do not give you a real sense of what is being spoken about. These words do not help us to feel the weight of the ocean or to truly fathom its depths. These words do not adequately convey the light years of space and sheer size of the planets and stars. Our minds simply cannot grasp something that big.

How much greater is the love of God than the depth of the ocean? How much greater is His love than the expanse of all that we know in space? How much more value does Jesus have than all that is or will be? The immensity of God's love is poured out on us while we were sinners. We were undeserving, unworthy, and actively opposed to God. But it is there that the Father displays His love by giving His greatest treasure.

No earthly father would give the life of his son for a sinful enemy. But our Heavenly Father has a love that is holy. We were not merely told of the love of God— we were shown. Christian, the Father has displayed His love for you in Jesus. I pray that as we draw near to Resurrection Sunday, we would sit and ponder on the greatness of the Father's love for us displayed in Christ.

This hymn states:

Could we with ink the ocean fill
and were the skies of parchment made,
were ev'ry stalk on earth a quill
and ev'ry man a scribe by trade,
to write the love of God above
would drain the ocean dry;
nor could the scroll contain the whole,
tho' stretched from sky to sky.

Father, you have loved us with a depth and power that we could never fathom. Thank you for your love for us. Help us to love others as we have been loved and to make your love known to the world. We love you and we long to love you more. Do this work in us, we pray. Amen.

Additional Reading:

John 3:16

1 John 4:10-11

Songs:

The Love of God - Selah

How Deep the Father's Love for Us - King's Kaleidoscope

Day 2 - The Son

Philippians 2:5-11

⁵ Have this attitude in yourselves which was also in Christ Jesus, ⁶ who, although He existed in the form of God, did not regard equality with God a thing to be grasped, ⁷ but emptied Himself, taking the form of a bond-servant, and being made in the likeness of men. ⁸ Being found in appearance as a man, He humbled Himself by becoming obedient to the point of death, even death on a cross. ⁹ For this reason also, God highly exalted Him, and bestowed on Him the name which is above every name, ¹⁰ so that at the name of Jesus every knee will bow, of those who are in heaven and on earth and under the earth, ¹¹ and that every tongue will confess that Jesus Christ is Lord, to the glory of God the Father.

Jesus, the name above every name. There is no other name under heaven by which we can be saved. He “upholds all things by the word of His power,” and yet was made so low that He took on flesh. It was indeed the Father’s will that Jesus would be sent to save sinners. But make no mistake, Jesus humbles Himself. He is not brought low by an outside force or by some begrudging obligation. No one can humble Him, so He must humble Himself. The one who is the author of life was made to die upon a cross.

The more you read in Philippians, the lower He gets. It is humble and lowly of Him to be born. It is humble and lowly of Him to taste death for us. It is humbler still that He would die the death of a sinner. Seated there upon the cross, He is proclaimed King of the Jews by the mockers. But now, He is seated at the right hand of the Father. Now, He is seated in glory. Now, He is surrounded by a myriad of angels — thousands upon thousands proclaiming, “Worthy is the Lamb.” The Son of God sits with His Father in power, glory and majesty.

What glorious work does our risen King commit Himself to? What does the One who has the name above all names occupy Himself with now that “It is finished”? (Hebrews 7:25) He lives to make intercession for us. Child of God, take strength that

the great High Priest, who commands the stars of heaven, is sovereign over your life and holds you in His hands. He intercedes for us and He alone is our salvation now and forever more.

Jesus, we love you. We are so grateful for your humility and your intercession for us. You made yourself low for the sake of our salvation. Help us to make ourselves low for the sake of your glorious name. Help us to follow you in humility and to take strength in your glory. Amen.

Additional Reading:

Hebrews 1:1-4

Hebrews 12:1-3

1 Timothy 1:15-18

Songs:

Before the Throne of God Above (Live) - Sovereign Grace Music

Yet Not I But Through Christ in Me - CityAlight

Day 3 - The Holy Spirit

John 16:5-15

⁵ "But now I am going to Him who sent Me; and none of you asks Me, 'Where are You going?' ⁶ "But because I have said these things to you, sorrow has filled your heart. ⁷ "But I tell you the truth, it is to your advantage that I go away; for if I do not go away, the Helper will not come to you; but if I go, I will send Him to you. ⁸ "And He, when He comes, will convict the world concerning sin and righteousness and judgment; ⁹ concerning sin, because they do not believe in Me; ¹⁰ and concerning righteousness, because I go to the Father and you no longer see Me; ¹¹ and concerning judgment, because the ruler of this world has been judged. ¹² "I have many more things to say to you, but you cannot bear them now. ¹³ "But when He, the Spirit of truth, comes, He will guide you into all the truth; for He will not speak on His own initiative, but whatever He hears, He will speak; and He will disclose to you what is to come. ¹⁴ "He will glorify Me, for He will take of Mine and will disclose it to you. ¹⁵ "All things that the Father has are Mine; therefore I said that He takes of Mine and will disclose it to you.

Jesus calls the Holy Spirit "the Helper." This tells us the role of the Spirit and the ongoing state of the believer. We need help. We need help to remember what Jesus has said. We need help to live out His instructions to us. We need help to put away the old self and to walk in the newness of life Jesus has given to us. The Holy Spirit helps us with all of this and so much more. He comforts us in our affliction; convicts us concerning sin and righteousness; sanctifies us according to will of God; He teaches us, makes us like Jesus; empowers us to serve the church, gives boldness to share to gospel; prays for us when we don't know how; seals us in Christ, guarantees our inheritance; and gives us freedom and strength.

In all of the working of the Holy Spirit, there is a single goal in mind: To glorify Jesus. When we are strengthened, comforted, empowered, or sanctified, it is the Spirit working in and through us so that Jesus will be glorified in our hearts, minds, and lives. When we walk according to the Spirit, it is because He has shown us how glorious our Jesus is. He makes much of Christ and exalts His name. Why is this the goal? Because it is our greatest need. And the mighty Spirit of God moves in power to help us have our greatest need met.

It is not just the need of the church, but the need of the whole world that the Holy Spirit glorifies Jesus. This is why we go make disciples of all nations. This is why we serve, and pray, and bless, and grow, so that Jesus Christ might be known to all those around us and His glory would go to the ends of the earth. May the world know the glory of Jesus by the power of the Spirit through the bride.

Spirit of the living God, magnify Jesus in us and in our homes. Help us to know Him more and to trust Him more. Grant to us our greatest need and help us in our weakness. For the glory of the Lord and for our good we pray. Amen.

Additional Reading:

Titus 3:3-8

John 14:16-26

Songs:

Grace Alone - King's Kaleidoscope

Holy Spirit, Living Breath of God - Keith and Kristyn Getty

Including your family

If you have kids, this is a great opportunity to include them and introduce them to the concept of fasting. Make sure you clarify the purpose of fasting in an age-appropriate manner. (If you need help understanding fasting, head to [OneLove.org/Fasting](https://www.onelove.org/Fasting)). Much of how they will participate will depend on their age, so here are some age-appropriate suggestions:

Age 5-9

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

Age 10-13

Abstaining from one meal during the 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/no screen time and add worship time.

Age 14+

Depending on the maturity of your child, they can make the same choices that you, as an adult would make.

If you do have children that are abstaining from food, this is obviously a great opportunity to be more intentional with family prayer and/or devotions.



For an in depth teaching on fasting, visit:

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

For questions on prayer and fasting, contact:

(808) 955-9335 | office@onelove.org