

you're invited to

JOIN OUR CLUB!

WHAT'S GOD'S STRATEGY?

**GOD CALLS UPON US:
TO FAST & FEED THE HUNGRY!**

"The kind of fast I want is that you ... share your food with the hungry."
Isaiah 58:6-7

GOD'S PROMISES (WHAT'S IN IT FOR YOU?)

HERE ARE GOD'S PROMISES FOR THOSE WHO FAST HIS WAY.

GOD WILL:

- HEAL YOU
- SHED LIGHT UPON YOU
- SHIELD YOU WITH GOODNESS
- PROTECT YOU FROM BEHIND
- PROPEL YOU FORWARD
- KEEP YOU HEALTHY

(READ ISAIAH 58:1-12 FOR THE FULL STORY OF BENEFITS.)

OTHER BENEFITS

- GET SPIRITUALLY STRONG
- HELP MANY HURTING PEOPLE
- ELIMINATE MANY DISEASES
- MAKE GOD HAPPY
- EASY WEIGHT LOSS

**JOIN OUR CLUB!
YOU'LL BE BLESSED.**

WHAT'S OUR STRATEGY?

TO FAST & FEED THE HUNGRY!



AS GOD SEES US

MILLIONS OF NORTH AMERICANS ARE OVERFED AND DYING FROM OBESITY-RELATED CAUSES. IN THIS CONTINENT:

- HEART DISEASE: 1M die annually
- CANCER: 600,000 deaths/year
- DIABETES: 16M suffer
- HIGH CHOLESTEROL: 105M have it
- HIGH BLOOD PRESSURE: 50M on drugs

BILLIONS ARE PAINFULLY HUNGRY:

1. Massive starvation in 3rd world countries
2. 50,000 children die daily worldwide
3. ½ billion in last stages of starvation

THE BIBLE SAYS:

SHARE YOUR FOOD WITH THE HUNGRY; HELP THE POOR; TAKE CARE OF ORPHANS AND WIDOWS. (ISAIAH 58:7, PROV. 19:17, DEUT. 14:29)

THE FINAL GOAL

As a person or as a group working together, select a worthy person or project to help and then save your money from sacrificed calories to meet that need.

It's wonderful what amazing things for God's Kingdom may be accomplished using this method!

WHAT YOU'LL LEARN BY JOINING

1. DOES GOD RECOMMEND FASTING?
2. IS IT TAUGHT IN BOTH OLD AND NEW TESTAMENTS?
3. WHY HAVEN'T WE BEEN TAUGHT TO FAST?
4. WHY IS FASTING NEEDED?
5. IS THERE MORE THAN ONE WAY TO FAST?
6. HOW LONG SHOULD A FAST LAST?
7. HOW DO YOU PREPARE TO FAST?
8. HOW IS IT BEST TO END ONE?
9. SHOULD EVERYONE FAST?
10. DOES FASTING HEAL DISEASE?
11. DO DR'S RECOMMEND IT?
12. CAN FASTING BE HARMFUL?
13. DOES GOD PROMISE REWARDS FOR FASTING?

SO...
**WHAT DO
"WE"
SAY TO
OUR BILLION
HUNGRY
NEIGHBORS &
FAMILY?**



artwork by Jean Heath

"HELP IS ON THE WAY!"

**TOGETHER WE CAN MAKE
A DIFFERENCE IN THE
LIVES OF THE
HUNGRY &
STARVING.**

**TAKE
ACTION,
JOIN TODAY!**

**BE WISE, OBEY GOD:
LEARN TO FAST, TO PRAY, AND
GET WELL YOURSELF!**