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# Daily Devotion



## Rediscovering Depths: **The Timeless Practice of Fasting**

Monday, 13 – Sunday, 19 January 2025

# Introduction

The Greek word translated as "fasting" in the New Testament is νηστεία (nésteia), Strong's Concordance G3522, derived from the verb νηστεύω (nésteuó), which means "to fast" or "to abstain from food." This term describes the voluntary act of refraining from eating, often undertaken for religious or spiritual purposes.

Fasting is a biblical discipline with profound spiritual benefits, such as cultivating humility, purifying faith, gaining spiritual insight, and deepening reliance on the Holy Spirit. By engaging in fasting as Jesus did and as Scripture commands, we align ourselves with God's purposes and invite His transformative work in our lives and communities.

In the New Testament, fasting is closely linked to prayer, repentance, and seeking God's guidance. It represents an expression of humility and dependence on God, as believers forego physical sustenance to focus on spiritual matters. For instance, in Matthew 4:2, Jesus fasted for forty days and nights in the wilderness as part of His preparation for ministry. Similarly, in Acts 13:2–3, the early church fasted and prayed before commissioning Barnabas and Saul for their missionary work.

This week, we explore and reflect on this timeless practice, examining key examples from Scripture:

1. Jesus Fasted
2. Jesus Expected His Disciples to Fast
3. The Early Church Practised Fasting
4. God's People Have Fasted Since Moses
5. Daniel Fasted
6. New Wine in New Skins

You'll find more detailed teaching notes on the subject on the last few pages of this booklet. If you have any questions or concerns, please speak to one of the elders or contact the church office via email at [info@iicelim.uk](mailto:info@iicelim.uk) or SMS at 07418 319 224.



# Cell Groups

## What Are Cell Groups?

Cell groups are small, welcoming gatherings of 6–12 people within Ipswich International Church (IIC). They meet regularly—either weekly or twice a month—in each other's homes to foster community, spiritual growth, and mutual support.

At IIC, our cell groups reflect the diversity of our church family, including people from various ages, genders, and cultural backgrounds. Whether you're looking for a group near your location or one that fits your stage of life, we'll do our best to connect you to the right cell group.

The name “cell group” is inspired by the concept of cells in a physical body. Just as cells work together to sustain and benefit the whole body, our cell groups are a vital part of the culture and spiritual makeup of IIC, helping our church community thrive and grow.

We'd love for you to join a cell group and experience this enriching aspect of church life!

## Why are Cell Groups Important?

Cell groups play a vital role in fostering meaningful connections within the IIC community. While our larger Sunday gatherings provide a space for worship and collective teaching, cell groups offer a more intimate setting to build deeper relationships.

They provide an opportunity to:

- **Connect Personally:** Build relationships with people you might not get to know during a larger service.
- **Grow Spiritually:** Ask questions about faith, discuss biblical teachings, and explore how to apply them to your life.
- **Support Each Other:** Share life's challenges and victories, offering and receiving encouragement and prayer.
- **Be Accountable:** Strengthen your walk with God by being open and accountable to others who care about your spiritual growth.

Joining a cell group is a great way to experience community and grow in faith together with others.

## How Do I Join a Cell Group?

Joining a cell group is easy! Simply turn over this leaflet to explore the various options available to connect with a group that suits your preferences.

Take the next step and get connected today!



# Cell Groups

**Do you want to sign up to a cell group but not sure which one?**

Scan this QR code to register your interest in joining one and we'll try our best to match you to one.



**Do you already know which group you would like to join?**

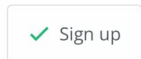
The scan the QR code below or follow the instruction below on how to sign up using the 'My ChurchSuite App' on your phone...

**SCAN ME**



## Sign up via 'My Churchsuite App'

1. Open the App and Log in.
2. Click on the menu button - (Right)
3. Click on 'Cell Groups'.
4. Click on the group you'd like to join.
5. Click the 'sign up' button -
6. Finished.





Sunday morning  
Service at IIC is at  
11:00

but come early at  
10:30 am to join the  
exciting corporate  
prayers.

## Strengthen Our Foundations

7 Day Fast  
20~26th January



Joint Service  
Sunday, 26 January 2025  
at Burlington Baptist Church  
Time: 10:30am

## Jesus Fasted



Luke 4:1-2, 14



Jesus fasted to confront the devil before beginning His ministry. It makes both spiritual and natural sense therefore that to do the works of Jesus (John 14:12), we must follow in His footsteps. Jesus was full of the HS and led by the Spirit

**HOW?** “He ate nothing during those days, and when they had ended, He was hungry.” (Luke 4:2) This passage clearly emphasises that Jesus abstained from eating entirely during His time of fasting in the wilderness. However, it does not explicitly mention whether He refrained from drinking. The text does note that "He was hungry," a detail that focuses on His physical need for food, which could imply that He may have consumed water to sustain Himself during this prolonged fast. The text leaves room for the possibility that He drank water during this time.



1. How might fasting serve to strengthen reliance on God, as seen in Jesus' experience? 2. What is the role of the Holy Spirit in leading Jesus into the wilderness for fasting and sustaining Him during that time? How does fasting appear to enhance or deepen one's relationship with the Holy Spirit based on these verses? 3. How does fasting prepare Jesus to face temptation, and what lessons can be drawn for believers today regarding fasting as a spiritual discipline? What might this account reveal about the relationship between physical deprivation and spiritual clarity or focus? 4. In verse 14, Jesus returns in the "power of the Spirit." How might fasting have contributed to this empowerment? How does this verse suggest a connection between fasting, overcoming trials, and the ability to carry out God's mission?



1. Pray to recognise, trust and follow God's leading even as you navigate through challenging times. (2) Ask for strength and endurance during times of fasting and spiritual discipline. (3) Seek God's help to resist temptation. (4) Ask for courage to proclaim the Good News, inspired by Jesus' mission after His time in the wilderness.

## Jesus Expected His Disciples to Fast



Matthew 6:16-18



Fasting is presented as equally important as giving and praying, as evidenced by the phrase “when you fast,” rather than “if you fast.” This suggests that fasting is a fundamental aspect of Christian practice. Jesus teaches that fasting should be a deeply personal act of devotion, stemming from a genuine relationship with God. It should be done with internal sincerity, not as an outward display of religiosity. During fasting, individuals are instructed to maintain their usual appearance, fasting in secret so that it is known only to God. The reward for such fasting comes solely from God, not from human recognition. The true motivation for fasting, therefore, is to seek God’s approval and to cultivate a deeper intimacy with Him.

**HOW?** At IIC, we do not mandate a specific fasting method, as we have not identified any explicit guidelines in the Scriptures. While the Bible promotes fasting as a spiritual discipline, it allows for personal interpretation and practice regarding the specifics.



(1) What does Jesus mean when He advises against displaying outward signs of fasting to others? How does this relate to the concept of internal devotion versus external show? (2) Why is it important that the act of fasting is done privately, as Jesus suggests, rather than publicly? What does this teach us about the nature of our relationship with God? (3) Does this forbid corporate fasting? (4) In what ways might modern society misinterpret or misuse the practice of fasting in comparison to the teachings in Matthew 6:16-18?



(1) Pray for a heart that seeks to fast for the right reasons, not for public recognition, but to draw closer to God. (2) Ask God to transform your heart and mind during your fasting, focusing on spiritual growth rather than external appearances. (3) Pray for a deeper understanding of the rewards that come from God when fasting is done with sincerity and humility. (4) Ask for strength to avoid distractions and to remain focused during the times you dedicate to fasting and prayer. (5) Request a joyful spirit while fasting, remembering that it's a precious opportunity to connect with God and grow spiritually. (6) Pray for clarity and guidance in your life decisions during your fasting period, seeking divine direction.

## The Early Church Practiced Fasting



Acts 13:1-4 & Acts 14:21-23



In the early church, fasting was not merely a personal act of devotion but a communal practice embraced by the church and played a significant role in her life and mission.

In Acts 13:1–4, the church at Antioch engaged in worship and fasting. This period of collective spiritual discipline led to a profound moment of divine guidance. The Holy Spirit instructed the believers to set apart Barnabas and Saul (Paul) for a special mission. After further fasting and prayer, the church laid hands on them and sent them off to spread the gospel. This passage highlights how fasting was integral to seeking God's direction and commissioning leaders for ministry.

Acts 14:21–23 underscores the importance of fasting in the establishment and nurturing of church leadership.

**HOW?** The verses do not specify what the early believers abstained from or the duration of their fasts. In fact, there is no explicit prescription in the Scriptures on how to fast. The Bible encourages fasting as a spiritual discipline but leaves the details open to personal interpretation and practice.



**At IIC, we embrace a similar flexibility in our approach to fasting. As with any spiritual discipline, individuals may start by skipping one or two meals and gradually extend their fast to a full day or even multiple days, with or without water.** This gradual approach allows individuals to find a fasting practice that suits their personal spiritual journey and physical needs. The key is to focus on the purpose of fasting—seeking a deeper connection with God—rather than adhering to a rigid formula. How can we, like the early church, use fasting to seek God's guidance, strengthen our faith, and support our communities?



(1) Pray for clarity and direction from the Holy Spirit as you enter a time of fasting. (2) Ask God to help you use this fasting period to deepen your relationship with Him, seeking spiritual nourishment over physical sustenance. (3). Seek the strength to obey God's leading revealed during fasting. (4) Pray for unity within your church community as you collectively fast and pray, asking for shared vision and purpose in your efforts. (5) Pray for a renewed commitment to making fasting and prayer a regular part of your spiritual life, to seek divine wisdom and strength.



## God's People Have Fasted since Moses



Deuteronomy 9:9-19 & Leviticus 16:29-30



Twice, Moses undertook an extraordinary fast for 40 days and 40 nights, during which he abstained from both food and water. This remarkable act of devotion is deeply rooted in the spiritual traditions of the Jewish people.

Fasting is central to the observance of the Day of Atonement. The New Testament also acknowledges the importance of this day, referring to it as "The Fast" in Acts 27:9.



For over 3,000 years, the Jewish people have faithfully observed Yom Kippur by fasting, a practice that continues to this day. Moses' fast serves as a powerful example of the dedication and spiritual discipline that fasting can embody. It reminds us of the deep roots of this practice in our faith heritage and its continued relevance in our spiritual lives today.



(1) Praise God for His faithfulness throughout your life, reflecting on times when He has led and protected you, even when you were undeserving. (2) Acknowledge God's grace and mercy shown to you, just as He showed to the Israelites despite their rebellion and sin. (3) Confess any personal sins and shortcomings, seeking God's forgiveness. Pray for a humble heart to recognise areas where you need to turn back to Him. (4) Like Moses, intercede for your community or loved ones who may be struggling with sin. Pray for their hearts to be softened and drawn back to God. (5) Pray for a deeper understanding of the significance of atonement and how Christ fulfils this through His sacrifice, providing you with forgiveness. (6) Ask God to instil a desire within you to obey His commandments and live according to His will, just as He instructed the Israelites. (7) Seek the Lord for the strength to start anew, leaving behind past mistakes and embracing the new life He offers through forgiveness. (8) Reflect on the importance of the Day of Atonement and pray for a heart that understands the weight of sin and the joy of reconciliation with God. (9) Pray for a desire to live a life that reflects God's holiness, striving to be set apart for His purposes as you understand the cost of your redemption.

## Daniel Fasted



Daniel 9:1-27



*I turned my attention to the Lord God to seek Him by prayer and petition, with fasting...* [verse3]

Daniel's primary goal was to seek understanding and divine intervention, and he appeared ready to continue fasting until he received it. On the twenty-first day of his fast, his answer finally arrived. Although God heard his prayer on the very first day, spiritual opposition caused a delay of twenty-one days before the answer was delivered.

**HOW?** Daniel abstained from all delicacies, meat, and wine throughout the entire period of his fast. This act of self-denial was not new for him. In the first chapter, we learn that Daniel had previously chosen to refrain from consuming the royal food and wine, opting instead for a diet of vegetables and water. This earlier decision was made to maintain his purity and devotion to God, setting a precedent for his later, more extended period of fasting. By denying himself these pleasures, Daniel demonstrated his deep commitment and unwavering faith, seeking to align himself more closely with divine will and understanding.



(1) What motivated Daniel to begin his fast in chapter 9? (2)

How does Daniel's fasting reflect his relationship with God? (3)

How did Daniel's previous experiences with fasting and prayer influence his actions? (4) How does Daniel's understanding of prophecy influence his decision to fast? (5) What can we learn from Daniel's attitude and approach to fasting and prayer? (6) How does the angel Gabriel's message to Daniel relate to his fasting and prayers? (7) How does Daniel's fasting in chapter 9 compare to other instances of fasting in the Bible?



1. Ask the Holy Spirit for insight and understanding of God's purposes for your life and community as you dedicate time to fasting and prayer. (2) Dedicate your fast to intercede for others, praying for those who are lost, hurting, or in need of God's intervention. (3) Acknowledge God's sovereignty, praise Him for His faithfulness and power. (4) Pray for a deeper commitment to prayer and fasting as a lifestyle, asking God to help you integrate these spiritual disciplines into your daily routine.

## New Wine in New Wine Skin



Mark 2:18-22



Mark 2:18–22 can be viewed as another of Jesus' "*You have heard it said of old... but I tell you*" statement regarding fasting. When asked, "Why aren't your disciples fasting like the followers of other rabbis?" Jesus responds, "They don't need to fast because I am here with them. However, when I am taken away, they will fast." He then concludes with the parables of the unshrunk cloth and new wine, illustrating the incompatibility of old practices with the new reality He brings.

Through these words and parables, Jesus emphasises that the kingdom of God cannot be confined within the structures of traditional religious systems. Instead, fasting—and all spiritual practices—must align with the new covenant and the Spirit-led life. They should reflect the vitality and transformation of Christ's work rather than adhere rigidly to outdated rituals.



(1) Why do John's disciples and the Pharisees' followers fast, and how does their practice differ from what Jesus teaches? (2) How does Jesus' response redefine the purpose of fasting for His disciples and for us today? (3) What does it mean for spiritual practices like fasting to align with the "new wine" of the kingdom of God? (4) How does our fasting today reflect joy, longing, or preparation in following Christ? (5) How can we avoid falling into the trap of practicing fasting or other disciplines in a merely traditional or ritualistic way? (6) In what ways do we sometimes try to fit new spiritual realities into old, ineffective frameworks? (7) How can fasting and other spiritual disciplines become a fresh expression of our relationship with God rather than a rigid observance? (8) What might fasting look like in a "Spirit-led" life, as opposed to a life focused on religious obligation?



## **New Wine in New Wine Skin -**

(1) Thank God for the joy that comes from being in His presence. Pray that your relationship with Him will be filled with joy and not merely ritualistic practices.

(2) Thank God for the new beginnings He offers in your life. Pray for the faith to step into new opportunities and experiences He has prepared for you.

(3) Pray for a heart that understands the true purpose of fasting. Ask God to help you fast not just as a ritual but as a genuine expression of seeking His presence and guidance.

(4) Request God to renew your spirit and refresh your faith. Just as new wine requires new wineskins, pray for God to create in you a new heart and a new mindset.

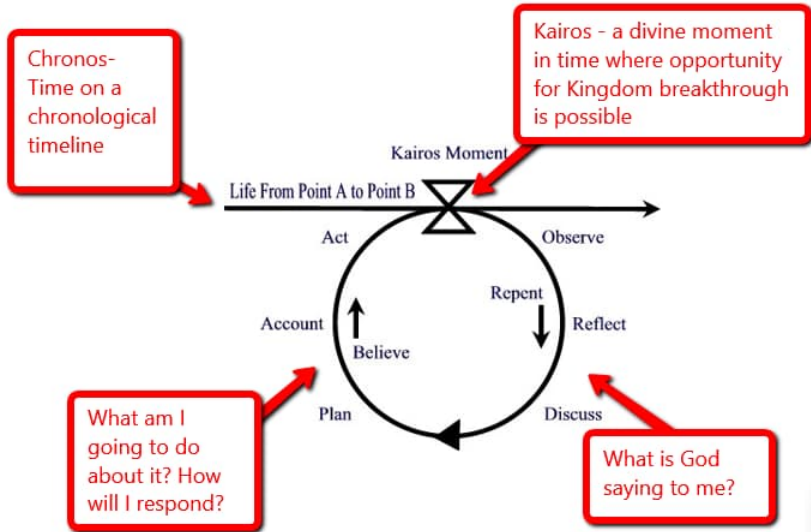
(5) Seek God's help in releasing old habits or mindsets that may hinder your spiritual growth. Pray for the courage to embrace the new life He offers.

(6) Ask for deeper insight into the significance of the new covenant established through Jesus. Pray for a revelation of how this covenant impacts your daily life and spiritual walk.

(7) Pray for unity and joy among your community of believers. Ask God to help you support one another in growing together in faith and experiencing the fullness of His love.

(8) Dedicate yourself to ongoing spiritual growth. Ask God to help you be open to change and transformation as you pursue a closer relationship with Him.

# Pause. Reflect. Process



It's time to pause, reflect, process and act on your week's Kairos moment(s).

This week, \_\_\_\_\_

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## Understanding Fasting

### Definition of Fasting

Fasting is the intentional act of abstaining from food for spiritual purposes. (Although there are instances in the Bible where people abstained from both food and water, here we will focus on fasting from food alone.)

Fasting can be practiced individually or as part of a group. Some may fast at regular times each week, while others might fast at special times as they feel led by the Holy Spirit.

### Is Fasting for All Christians?

The Bible presents fasting as a normal part of Christian life, and church history shows that believers practiced regular fasting for several centuries following Christ's Ascension.

### Preparing for a Fast

Approach fasting with a spirit of faith, believing: "It is God's will for me to fast, and He will bless me as I fast in alignment with His will." The foundation for this belief and for how we should fast is found in Jesus' words in Matthew 6:17-18: "*But when you fast, anoint your head and wash your face, so that your fasting will not be obvious to men, but only to your Father, who is unseen. And your Father, who sees what is done in secret, will reward you.* [BSB]

This is a direct promise—when you fast sincerely and with the right intentions, God will reward you openly. Remember, too, that choosing not to fast deprives you of the associated rewards, as God's rewards come when we respond to His invitation to fast in accordance with His guidance.

### Approaching Fasting with Faith

To fast effectively, it's crucial to approach God with faith. Hebrews 11:6 gives us a foundational principle: "And without faith it is impossible to please God, because anyone who comes to Him must believe that He exists and that He rewards those who earnestly seek Him."

When we seek God diligently in fasting, we can trust Him to respond and reward us. The reward may not always be what we specifically expect, but it will be God's reward, which is ultimately what we need most.

### God's Promises to Those Who Fast

Isaiah 58:8-12 lists ten promises for those who fast in God's way. These

include:

- i. Light (understanding and guidance)
- ii. Health (physical and spiritual restoration)
- iii. Righteousness (a life aligned with God's will)
- iv. Glory (God's presence and honour)
- v. Answered Prayer (effective communication with God)
- vi. Continual Guidance (direction from God)
- vii. Satisfaction (contentment and peace)
- viii. Strength (spiritual and physical resilience)
- ix. Work that Endures (lasting impact)
- x. Restoration (renewal and recovery)

When we fast with faith, embracing these promises, we can expect God's response in these areas.

### **Our Bodies as Instruments of God**

1 Corinthians 6:19-20 reminds us that our bodies are temples of the Holy Spirit. Because God has chosen to dwell within us, it is pleasing to Him that we maintain our bodies in good health and strength, capable of fulfilling His purposes. Christ has no body on earth except our bodies. He works through us, using our physical presence as instruments of His will. Therefore, caring for our bodies, including the discipline of fasting, can be seen as part of our devotion and obedience to God.

### **Exercising Caution in Fasting**

Those with certain health conditions, such as diabetes, or anyone on regular medication, should consult a doctor before beginning a fast. Fasting may not be advisable for everyone, and for some, it may pose health risks. In such cases, it's thoughtful and supportive for other believers to fast on behalf of those who cannot safely participate. This mutual care reflects our commitment to each other within the body of Christ.

In fasting with faith, we trust God to work in us, through us, and around us, seeking Him wholeheartedly with confidence in His promises and rewards.

### **Purpose of Fasting**

Before beginning a fast, it's helpful to set clear intentions. Here are some biblically based objectives:

#### **1. To Humble Yourself Before God**

Fasting is a way to humble yourself, as David expressed, “I humbled my soul with fasting.” God calls us to humble ourselves, and fasting with the right motives helps us do this. When we genuinely humble ourselves, God promises to lift us up.

## **2. To Draw Closer to God**

James 4:8 encourages us, “Come near to God and He will come near to you.” Fasting is an intentional way to seek God’s presence and deepen our relationship with Him.

## **3. To Gain Greater Understanding of God’s Word**

Fasting often brings insight and clarity, helping us receive deeper revelation from God’s Word.

## **4. To Seek God’s Will and Direction**

When facing decisions, fasting can help align our hearts with God’s will, opening us to His guidance.

## **5. To Seek Healing or Deliverance**

Jesus emphasised that certain breakthroughs, especially in deliverance, are attained through “prayer and fasting” (Mark 9:29). Before beginning His ministry of healing and deliverance, Jesus fasted and prayed for forty days.

## **6. To Seek God’s Intervention in Times of Crisis**

In times of great need or difficulty, fasting is a powerful way to invite God’s intervention into specific situations we cannot resolve on our own.

## **7. To Intercede on Behalf of Others**

Fasting can be an act of sacrificial love, praying for others, such as an unsaved family member, and bringing their needs before God.

## **What Happens During a Fast**

On a practical level, here are some considerations and tips to help make your fast more effective:

### **1. Guard Against Physical Discomfort**

To prevent digestive discomfort, it’s wise to have a balanced, fibre-rich meal before starting a fast.

### **2. Make Extra Time for Bible Reading and Prayer**

Start with reading the Bible to “anoint your spirit” and align your thoughts with God. This can make your prayer time more focused and impactful.



### **3. Prepare for Spiritual Opposition**

When you fast with the intention of seeking God, spiritual challenges may arise. You may experience unusual oppressions, doubt, fear, or loneliness. You might feel enveloped in darkness or lose the usual joy, peace, and happiness you have as a Christian. Don't be alarmed if this happens. In fact, it's a twisted compliment from the devil, indicating that you're troubling him and he's trying to thwart your goals. Resist these emotions. Don't let your feelings control you. Remember the fundamental truth of God's Word: God is on your side; He loves you and rewards those who earnestly seek Him. This remains true regardless of how you feel. Don't let feelings steer you away from your goal.

### **4. Avoid Making a Show of Your Fast**

Keep your fasting private as much as possible. While some people may need to know, avoid drawing unnecessary attention to it. Jesus encouraged fasting quietly and sincerely without putting on a display for others.

### **5. Fasting Does Not Prevent Your Usual Activities**

Generally, you can continue with most of your regular tasks during a fast. Only in certain cases might fasting affect daily routines, so plan accordingly.

By approaching your fast with clear objectives, practical preparations, and a heart focused on God, fasting can become a deeply transformative experience, bringing you closer to God and making way for His work in your life.

### **Managing Physical Discomfort During Fasting**

For many, fasting can bring on some initial physical discomfort due to common lifestyle factors. In the early stages, it's normal to experience symptoms like headaches, which can be intense, as well as dizziness and nausea. These reactions often occur as your body shifts away from its usual routine of constant digestion and begins a deep, necessary cleanse.

When you fast, your blood is freed from digestive duties and can focus on cleaning and repairing your body. Overeating can actually drain your energy, as it forces your body to perform extra, unnecessary digestive work. By fasting, you're giving your body a break, allowing it to reset.

If discomfort arises, try to maintain a positive perspective. Rather than

stopping your fast, consider saying a prayer of gratitude. You might think, "Thank you, God, for this headache; it means my body is healing something long overdue." Approaching fasting with resolve can help you overcome temptations. Instead of wavering, make a firm decision to stick with your fast, letting go of any thoughts of breaking it, which can make the process easier.

### **Managing Hunger and Cravings**

At mealtimes, you may feel hunger pangs out of habit rather than actual need. These sensations usually pass within an hour if you don't eat, as they're driven by routine rather than real hunger. Drinking a couple of glasses of water can help "trick" your stomach and ease these temporary feelings.

Fasting often brings underlying physical or spiritual issues to the surface. Instead of blaming the fast, view it as a revelation of things that need attention. Embrace this as an opportunity to address those areas.

### **Maximizing Physical Benefits of Fasting**

To make the most of fasting, consider these tips:

1. **Rest:** Prioritise rest. Fasting is a time for both physical and spiritual renewal, so don't hesitate to lie down and pray from a restful position.
2. **Light Exercise and Fresh Air:** Gentle exercise, like walking, paired with fresh air can enhance the benefits. Use this time to pray or meditate while you move.
3. **Hydration:** Drink plenty of water to flush out toxins, especially from your kidneys. Avoid caffeine, as it can overstimulate your system, diminishing some of the physical benefits.

Many people find that after the initial two to four days of discomfort, fasting becomes surprisingly energizing and even enjoyable.

### **Breaking a Fast Wisely**

How you break a fast is crucial for maintaining its benefits. Always begin with a light meal, such as a raw salad or fruit, even if you've only fasted for a day. Avoid anything cooked, greasy, fatty, or heavy. You may experience a surge of hunger once you start eating again, so exercise self-control to prevent overeating, which can negate many of the fast's benefits.

### **A Final Thought**

After even a brief fast, your stomach will likely have contracted. Take this

as an opportunity to adopt healthier eating habits; you may find yourself feeling full sooner. Avoid the urge to keep eating out of habit. Fasting can be a step toward more mindful eating, but if weight loss is your goal, combine fasting with an overall change in eating habits for sustainable results.

**Wishing You a Blessed Fast**



# Our Priorities

ELIM 2024-2025 STRATEGY

**MAKING  
DISCIPLES**

»»» ADVANCE

A woman with long dark hair, wearing a white top, is singing into a microphone with her eyes closed and hands raised. The background is dark blue with light blue geometric shapes.

ELIM 2024-2025 STRATEGY

**DEVELOPING  
LEADERS**

»»» ADVANCE

A man with short hair, wearing a dark jacket, is speaking into a microphone with his hands clasped. The background is dark blue with light green geometric shapes.

ELIM 2024-2025 STRATEGY

**GROWING  
CHURCHES**

»»» ADVANCE

A woman with long blonde hair, wearing a patterned top, is singing into a microphone with her eyes closed and hands raised. The background is dark blue with yellow and orange geometric shapes.

ELIM 2024-2025 STRATEGY

**REACHING  
NATIONS**

»»» ADVANCE

A man with short hair, wearing a light-colored shirt, is speaking into a microphone with his hands clasped. The background is dark blue with red and pink geometric shapes.