

Fasting Information

Quick Tips:

How to begin – start with a clear goal. Be specific. Why are you fasting? Do you need direction, healing, restoration or marriage or family issues? Are you facing financial difficulties? Ask the Holy Spirit for guidance and read the Bible.

Preparing Spiritually – Confess your sins to God. Ask the Holy Spirit to reveal areas of weakness. Forgive all who have offended you and ask forgiveness from those you may have offended. (Mark 11:25; Luke 11:4; Luke 17:3-4). Surrender your life fully to Jesus Christ and reject the worldly desires that try to hinder you (Romans 12:1-2).

Deciding what to fast – The type of fast you go on is up to you. You could go on a full fast in which you only drink liquids, or you may desire to fast like Daniel, who abstained from sweets, meats, and the only liquid he drank was water. Remember to replace that time with prayer and Bible study.

Deciding how long to fast – You may fast as long as you like. Most can easily fast from one to three days, but you may feel the race to go longer, even as much as 21 to 40 days. Use wisdom and pray for guidance. Beginners are advised to start slow.

What to expect – When you fast your body detoxifies, eliminating toxins from your system. This can cause mild discomfort such as headaches and irritability during withdrawal from caffeine and sugars. An naturally, you will have hunger pains. Limit your activity and exercise moderately. Take time to rest. Fasting brings about miraculous results. You are following Jesus' example when you fast. Spend time listening to praise and worship. Pray as often as you can throughout the day. Get away from the normal distractions as much as possible and keep your heart and mind set on seeking God's face.

How to end – Don't overeat when the time comes to end your fast. Begin eating solid food gradually; eat small portions or snacks.

Fasting:

According to the Bible, there are three duties of every Christian: give, pray and fast. Fasting takes a lot of discipline and strength – strength which you can only receive from God. Your private discipline will bring you rewards in Heaven, says Matthew 6.

When you give God your first through fasting, praying and giving at the beginning of the year, you set the course for the entire year.

Why should I fast?

1. Are you in need of healing or a miracle?
2. Do you need the tender touch of God in your life?
3. Is there a dream inside you that only He can make possible?
4. Are you in need of a fresh encounter?
5. Do you desire a deeper, more intimate and powerful relationship with the Lord?
6. Are you reading to have heightened sensitivity to the desires of God?
7. Do you need to break away from bondages that have been holding you hostage?
8. Is there a friend or loved one that needs salvation?
9. Do you desire to know God's will for your life?

Different Types of Fasting:

Full Fast – Drink only liquids (you establish the number of days).

Daniel Fast – Eat no meat, no sweets and no bread. Drink water and juice. Eat fruits and vegetables.

3-Day Fast – This fast can be a Full Fast, Daniel Fast or give up at least one item of food.

Partial Fast – A partial fast is from 6:00am to 6:00pm or from sun up to sun down. This fast can be a Full Fast, Daniel Fast or give up at least one item of food.

Scripture References for Fasting – Matthew 6:16-18; Matthew 9:14-15; Luke 18:9-14

Relation to Prayer and Reading of the Word - ISamuel 1:6-8; ISamuel 17-18; Nehemiah 1:4; Daniel 9:3-20; Joel 2:13; Luke 2:37; Acts 10:30; Acts 13:2

Corporate Fasting – ISamuel 7:5-6; Ezra 8:21-23; Nehemiah 9:1-3; Joel 2:15-16; Jonah 3:5-10; Acts 27:33-37

Remember that it is the attitude of a heart sincerely seeking Him to which God responds with a blessing (Isaiah 58; Jeremiah 14:12; ICorinthians 8:8 May God greatly bless you as you fast!

Food Guidelines for a Daniel Fast:

Foods you may eat:

- ◆ Whole grains – brown rice, oats, barley
- ◆ Legumes – dried beans, pinto beans, split peas, lentils, black eyed peas
- ◆ Fruits – apples, apricots, bananas, blackberries, boysenberries, cantaloupe, cherries, cranberries, figs, grapefruit, grapes, guava, honeydew, melon, kiwi, lemons, limes, mangos, nectarines, papayas, peaches, pears, pineapples, plums, prunes, raisins, raspberries, strawberries, tangelos, tangerines, watermelon
- ◆ Vegetables – artichokes, asparagus, beets, broccoli, brussel sprouts, cabbage, carrots, cauliflower, celery, chili peppers, corn cucumbers, eggplant, garlic, gingerroot, kale, leeks, lettuce, mushrooms, mustard greens, okra, onions, parsley, potatoes, radishes, rutabagas, scallions, spinach, sprouts, squashes, sweet potatoes, tomatoes, turnips, watercress, yams, zucchini, veggie burgers are an option if you are not allergic to soy.
- ◆ Liquids – spring water, distilled water, 100% all natural fruit juices, 100% all natural vegetable juices. You may also drink protein drinks.
- ◆ Others – seeds, nuts, sprouts.

Foods to avoid:

- ◆ Meat
- ◆ White rice
- ◆ Fried foods
- ◆ Caffeine
- ◆ Carbonated beverages
- ◆ Foods containing preservatives or additives
- ◆ Refined sugar
- ◆ Sugar substitutes
- ◆ White flour and all products using it
- ◆ Margarine, shortening, high fat products.

Remember:

- ◆ The Daniel Fast will lead to spiritual insight. “to those four young men God face knowledge.”
- ◆ The Daniel Fast is longer than one day. “These young men fasted for ten days.”
- ◆ The Daniel Fast is a partial fast. “They are, but only vegetables and water.”
- ◆ The Daniel Fast requires abstinence from party or junk food.