

FASTING

TYPES OF FASTS

WHAT IS FASTING?

Biblical fasting is giving up specific food and drink for a specific number of days for a specific purpose. The type and length of your fast is completely between you and God. If you are able to commit to a full fast ... jump in! If there are certain conditions that would prohibit a full fast, consider the Daniels fast, partial fast or media fast.

THE FULL FAST

Drink only liquids - mostly water. Make up in your heart after seeking God's will how you want to approach this type of fast. Some recommended including clear broth and/or freshly juiced fruits and vegetables to maintain strength while others feel led to only drink water.

THE DANIELS FAST

The most frequently used example of a partial fast is found in Daniel chapter 10. The Daniel Fast is a fast from meats, sweets, bread and any drink except for water. It consists of fruits, vegetables and water.

THE PARTIAL FAST

Involves abstaining from certain foods. You can choose to abstain from certain foods during the duration of this fast such as bread and sweets, or you may choose to fast a certain meal each day. The hours that you sleep should not be considered part of your fasting.

THE MEDIA FAST

Involves setting aside social media (Facebook, Instagram etc.), TV (Netflix), movies and other forms of entertainment to seek God.

Be sure to consult your doctor before beginning a fast if you have any type of medical condition. (Pregnant & nursing mothers, sick & elderly people, young kids - should not fast necessary nutrition / meals)

FASTING IS FOR EVERYONE

THERE ARE MANY MISCONCEPTIONS ABOUT FASTING. IT IS NOT MERELY GOING WITHOUT FOOD FOR A PERIOD OF TIME (THAT WOULD SIMPLY BE STARVING). IT'S JUST AS MUCH ABOUT WHAT YOU ARE GOING WITHOUT AS IT IS WHAT YOU ARE DOING. FASTING, PRAYING AND READING GOD'S WORD GO HAND IN HAND. FASTING IS A PART OF A RELATIONSHIP WITH GOD. IT BRINGS YOU INTO A DEEPER, MORE INTIMATE AND POWERFUL RELATIONSHIP WITH THE LORD. WHEN YOU ELIMINATE FOOD FROM YOUR LIFE FOR A NUMBER OF DAYS, YOUR SPIRIT BECOMES UNCLUTTERED BY THE THINGS OF THIS WORLD AND AMAZINGLY SENSITIVE TO THE THINGS OF GOD.

FASTING FAQ

I ATE SOMETHING THAT WASN'T ON MY FAST; SHOULD I START AGAIN?

No, think of fasting as a marathon rather than a sprint. Don't give up! If you fall down, get up and keep trying. Conquering your "stomach" is difficult, but you'll make it.

DO I CONTINUE EXERCISING WHILE FASTING?

For most people, moderate exercise is ok. However if you are on a complete fast you will not have the energy for exercise.

WHAT ABOUT KIDS AND STUDENTS?

They are encouraged to fast media, music, tv, movies, social media - a favorite dessert, snack or junk food. Growing children should not be fasting their meals. Instead be aware of making healthy choices and saying no to treats. Encourage them to read the Bible, have devotions, journal and pray.

WHAT IF I HAVE A MANUAL LABOR JOB?

If you have a job that requires you to expend a lot of physical or mental energy, you may want to consider a full fast when you are not at work and commit to a partial fast that allows you to receive enough nutrition to perform your job. We encourage you to seek God about your commitment and follow His lead. Remember, your flesh will always oppose your decision.

ANY SPECIAL ADVICE WHILE I FAST?

Dress warmly - you can expect to feel colder during a fast, especially in your hands and feet. Use warm, not hot, water for showers and baths. Avoid ice cold beverages. You will experience weakness (don't be alarmed.) Fast in secret - don't tell others you are fasting; it is between you and God.

WHAT SHOULD I EXPECT WHILE FASTING?

Headache, nausea, low fever, sleeplessness, stomach pains, feelings of loneliness, thoughts of doubt and unbelief. It is all part of subduing the flesh.

HOW SHOULD I BEHAVE DURING MY FAST?

"When you practice some appetite-denying discipline to better concentrate on God, don't make a production out of it. It might turn you into a small-time celebrity but it won't make you a saint. If you 'go into training' inwardly, act normal outwardly. Shampoo and comb your hair, brush your teeth, wash your face. God doesn't require attention-getting devices. He won't overlook what you are doing; he'll reward you well. Hide it from people, take care of yourself, no one should know. God is watching and will reward you, give back, return, restore!"
(Matthew 6:16 TMSG)

