

AN INTRODUCTION TO FASTING

What is Fasting?

- Fasting is an intentional denial rooted in a quest to get closer to God. Fasting is physical sacrifice for spiritual increase. Fasting is a commitment to deny our physical flesh, to increase our spiritual effectiveness. Fasting takes prayerful discipline!
- Mark 9:29, “So He (Jesus) said to them, “This kind can come out by nothing BUT prayer and fasting.” NKJV

What is Prayer?

- Prayer is our intentional reach for God’s direct and specific involvement in our lives. Prayer is communication with God, giving thanksgiving, requests and desires, knowing He can and will respond with thoughts, ideas, situations, people or primarily, His Word.
- What should we include in our prayers? We should include requests for...
 - SELF: Pray for your personal growth, your improvement, and other specifics pertaining to what you need.
 - SITUATIONS: Pray for specific situations you need help with.
 - SUCCESS: Pray for the ability to do well both spiritually and physically.
 - SURROUNDINGS: Pray for those around you – family, friends, neighbors, coworkers, church family, partners in ministry, etc.
- James 5:16, “Confess your sins to each other and pray for each other so that you may be healed. The earnest prayer of a righteous person has great power and produces wonderful results.”

What Are Some Fasting Options?

- **DENIAL Fast:** No food from 6AM to 6PM
- **DANIEL Fast:** Fruit, vegetables, juice and water only
- **DESERT Fast:** WATER is your only beverage option for the entire period of time
- **DETOX Fast:** No television/media with the exception of religious and educational programming
- **DELIVERANCE Fast:** Refrain from sinful habits or habitual behaviors
 - Examples: cursing, gossip, overeating, smoking, gambling, complaining, alcoholism, ungratefulness, sexual sins, etc.
 - Galatians 5:19-26
 - Hebrews 12:1

What is a Good Fasting Template to Follow?

- Week 1
 - Eliminate: Fried foods, beef, pork, bread, sweets, and caffeine {may need to taper off caffeine}
 - Eliminate: Non-Christian TV and reading materials, video games, news, sports, Facebook/social media, email, media, and unnecessary phone/texting conversations.
 - Meals: Eat fish, chicken, fruits, vegetables, grains, nuts, legumes, juices, and a minimum of 32 ounces of water daily

- Week2
 - Everything in week one plus ...
 - Eliminate: Meat
 - Meals: Fruits, vegetables, grains, nuts, legumes, juices, and a minimum of 32 ounces of water daily
- Week3
 - Everything on weeks one and two plus ...
 - Eliminate: Food
 - Meal Options:
 - Desert Fast: Minimum of 64 oz. water daily Liquid Fast: Low calorie liquids as meal replacements
 - Denial Fast: Water only till 6:00 p.m. daily and then fruits and vegetables
 - Daniel Fast: Stay on Week 2 meal list {If needed for medical reasons}

Isaiah 58:6-9, "this is the kind of fasting I want: Free those who are wrongly imprisoned; lighten the burden of those who work for you. Let the oppressed go free, and remove the chains that bind people. 7 Share your food with the hungry, and give shelter to the homeless. Give clothes to those who need them, and do not hide from relatives who need your help. 8 "Then your salvation will come like the dawn, and your wounds will quickly heal. Your godliness will lead you forward, and the glory of the Lord will protect you from behind. 9 Then when you call, the Lord will answer."

How Can My Children Participate?

- MUNCHIES Fast
 - Eating only fruit for sweets, (no cookies, candy, etc.)
 - Munching on veggies only (no chips, saltysnacks, etc.)
 - No carbonated beverages or milk (only water)
- MEDIA Fast
 - Playing only board games with the family (no video games)
 - Watching only educational or Christian programs on television or movies
 - Using cell phones only in a case of emergency
 - Use discretion on Educational and Bible Apps that could be optional or put off until the fast
- MONEY Fast
 - Spending only if it is a necessity such as, school supplies or warm clothing items
 - No purchases of convenience items, unnecessary snacks, entertainment items, etc.
 - All other monies received are saved or given to missions.
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- MENTAL Fast
 - Going to bed earlier than usual
 - Sitting with moments of quiet during the day

Please consult your Doctor if you have any medical questions about fasting and/or your personal health.

