

A GUIDE TO

FASTING

WHY FAST?

Fasting is about so much more than food; it is a catalyst for spiritual growth. When you fast, your eyes open to the things of God, and His truth illuminates your mind. Your focus shifts from yourself and onto God.

3 RESULTS OF FASTING:

1. Fasting opens your eyes.

Did you know that research shows fasting improves your physical eyesight? The physical benefits of fasting mirror the spiritual benefits. Fasting also improves your spiritual eyesight, removing all distractions that cloud our vision and gaining a heavenly perspective.

2. Fasting helps you focus.

Fasting is a time of separation, concentration, dedication, and concentration on the Lord.

3. Fasting positions your heart to receive.

Fasting helps you acknowledge God as your source and His provision in your life.

WHAT DO WE FAST?

Complete Fast:

In this type of fast, you drink only liquids, typically water and/or light juices.

Selective Fast:

This type of fast involves removing certain foods from your diet. One popular example of a selective fast is the *Daniel Fast*, named after Daniel, the prophet in the Old Testament, during which you remove meat, dairy, sweets, alcohol, and bread from your diet and consume water and juice for fluids and plant-based foods.

Partial or Intermittent Fast:

This fast involves abstaining from entire meals for a designated amount of time. One example of this fast is called the “Jewish Fast,” which is a full-day fast that begins with sunset in the evening and continues until sunset the next day. A minor fast day begins at dawn and concludes in the evening. This can correlate to specific times of the day, such as 6 a.m. to 3 p.m. or from sunup to sundown.

WHAT DO WE FAST?

Soul Fast:

This fast is a great option if you do not have much experience fasting food, have health issues that prevent you from fasting, or wish to refocus certain areas of your life that are out of balance. For example, you might stop using social media or watching television for the duration of the fast and then carefully bring that element back into your life in healthy doses after the fast. Set limits on your screen time and/or your media use. You might give up certain movies or television at certain times of the day or week. You could say no screen time after a particular time. Or delete the social media app you use the most on your phone. Then, use that time you would have spent on a screen in prayer and studying the Word.

BOTTOM LINE: KEEP IT SIMPLE

Choose something that has become a distraction, a hindrance, or is dominating too much of your time, and eliminate it. Whatever you choose to fast, take the time you would typically spend doing the activity from which you are fasting and spend it with God in prayer. Your fast may appear simple to some, but it is a huge step of faith, especially if you are new to fasting. Each person should commit to fast at their level of ability and availability during the next 21 days.

PREPARING FOR YOUR FAST:

As you consider fasting, we want to encourage you to pray, ask God to lead you in seeking His face, and listen to the Holy Spirit for His direction. Ask Him specifically what He wants you to fast. Whether you fast one meal every day or a certain type of food for 21 days, the point is to humble yourself in a new way and draw near to God to experience greater intimacy with Him.

When you fast, expect resistance. Our spiritual enemy, Satan, will oppose you just as he opposed Jesus when He fasted (Matthew 4). The devil does not easily give up any territory he has conquered. But, 1 Peter 5:8-9 says: "Be alert and of sober mind. Your enemy, the devil, prowls around like a roaring lion looking for someone to devour. Resist him, standing firm in the faith, because you know that the family of believers throughout the world is undergoing the same kind of sufferings."

Fasting is spiritually and physically challenging, but we embark on this adventure not with fear but fully believing and expecting God to fight for us as we pray.