

# FASTING GUIDE

*Day of fasting*

**STRONGER**



# October 28<sup>th</sup>

Join us as we come together as a church family to fast and prepare ourselves for what God has arranged for all of us to do to become **STRONGER** together.

During this one-day fast, we will substitute something important to us (like our regular food intake) with those disciplines that help us better connect with God – reading the Bible, praying and journaling. The act of fasting should be more than a sacrifice. It is a manifestation of the love and devotion we have for God. This kind of fasting can produce beautiful results in our lives.

# WHAT IS FASTING?

*Sacrifice is giving up something  
you love for something you love more.*

With this in mind, we count it an honor to give up something for God as we focus on Him over the next 21 days while asking Him what He wants us to do to become STRONGER together.

Fasting is abstinence from food, drink, or entertainment (Facebook, TV, movies, sports) with a spiritual goal in mind. It is when you neglect the most natural things you desire in order to pursue the God of Heaven to do something supernatural in your life. Prayer and fasting is not a hoop you jump through in order to try to catch the attention of God. It is far more significant than a self-determined tactic to get God's attention. Fasting places our focus on God and nothing else.



## WHY SHOULD I FAST?

1. Fasting is a means of worship which must be God-centered, God-intended, and God-ordained. Fasting is an expression of grief, distress, or repentance.
2. Fasting is preparation for God's guidance and renewal (Daniel 9; Exodus 24). Fasting helps to reveal the things that control us and hinder our intimacy with God.
3. Fasting is to remind us that we are sustained "by every word that proceeds from the mouth of God."
4. Fasting is to help keep our rhythm in life.

## HOW DO I FAST?

You may want to consider giving up a type of food, drink, or entertainment (Facebook, TV, movies, sports). It could be as simple as turning off the music in your car for 7 days so you can talk to God while driving. You might want to give up lunch every Wednesday to spend time in prayer. The idea of fasting is that as we remove ourselves from something we love or enjoy and take the time, affection, and attention we give to it and turn it over to God.

Fasting also can look like abstaining from food or drinks for short or long periods of time. You can do this in the following ways:

1. OCCASIONAL FASTING – eat a light meal (fruit, vegetables, yogurt, etc.) Skip 2-3 meals, and drink a lot of water. Break the fast with fruit juices followed by a light meal. Avoid oils, dressings, and starch for a couple of meals.
2. REGULAR DISCIPLINE OF FASTING – a 24-hour (2 meal) fast once a week for several weeks. During this time, drink fruit juices. Or a 36-hour (3 meal) fast. Break these fasts with a light meal of fruit and vegetables.

## **POINTS TO REMEMBER WHILE FASTING**

1. Monitor your heart attitudes and maintain an attitude of worship.
2. Be careful not to call attention to what you are doing.
3. Devote this fasting time to devotional activities.
4. Seek the Lord regarding extended fasting. \*
5. Remember that the major work of scriptural fasting is in the realm of the spirit.
6. Pray for God to lead you through these days of fasting and praying.

*\* Get additional information on extended fasting and clear the fast with your physician (people with certain physical conditions should not fast).*

**“And when you fast, don’t make it obvious, as the hypocrites do, for they try to look miserable and disheveled so people will admire them for their fasting. I tell you the truth, that is the only reward they will ever get. But when you fast, comb your hair and wash your face. Then no one will notice that you are fasting, except your Father, who knows what you do in private. And your Father, who sees everything, will reward you.”**

**- Matthew 6:16-18**

*Ultimately,  
God is interested  
in your heart.*

Ultimately, God is interested in your heart. We understand now that fasting is a sacrifice. But, fasting moves the heart of God when done out of love, devotion and commitment to Him. Through which we will see beautiful results in all of our lives.

**“No, 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. 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. 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. Then when you call, the Lord will answer. ‘Yes, I am here,’ he will quickly reply.”**

**- Isaiah 58:6-9**

