Note: This handout is provided for informational purposes only and is not meant to substitute the advice provided by your doctor or other health care professional.

Fasting defined: A fast is a deliberate, spiritual discipline where we temporarily abstain from food to seek God with greater focus, humility and dependence.

Helpful hints for during your fast

The main objective in fasting is to draw closer to God. Each person has a different reason for fasting based upon their life's circumstances and where they are at in their Spiritual journey. Some fast to obtain clarity on significant decisions, breaking fleshly strongholds or even preparation for ministry. Every good thing flows out of intimacy with Jesus. Fasting enables us to cleanse the sanctuary of our hearts from every other rival, preparing our hearts for encounter with God.

Plan to set aside dedicated quiet time to draw near to God. Read the Bible. Pray. Expect to hear God's voice. God is looking to reveal Himself to you. Fasting opens up our heart to receive more of Him.

Spiritual breakthroughs often come after a fast, not just during it. Do not listen to the lie that nothing is happening. Every fast done in faith is rewarded.

Note: "If you can deny yourself craving for food, you can train your body to deny any pleasure"

Don't boast about your fast. Let people know you won't be eating, only if you need to.

Do the fast with others. Have a clear target as your prayer focus.

Prepare for opposition. On the day of your fast, you can bet donuts will be at the office or in class. Your spouse (or your mom) will suddenly be inspired to cook your favorite meals. Press through.

If you fail, don't give in to condemnation. Even though you may fail several times, God always extends grace. Just hit the "delete" button and continue on your fast.

Feel free to rest a lot and continue to exercise with supervision.

If you are under 18 years of age, discuss your desire to fast with your parents. Spiritual covering, submission, and unity are important factors when fasting.

- Isaiah 58:1–14 (NKJV) — 1 "Cry aloud, spare not; Lift up your voice like a trumpet; Tell My people their transgression, And the house of Jacob their sins. 2 Yet they seek Me daily, And delight to know My ways, As a nation that did righteousness, And did not forsake the ordinance of their God. They ask of Me the ordinances of justice; They take delight in approaching God. 3 'Why have we fasted,' they say, 'and You have not seen? Why have we afflicted our souls, and You take no notice?' "In fact, in the day of your fast you find pleasure, And exploit all your laborers. 4 Indeed you fast for strife and debate, And to strike with the fist of wickedness. You will not fast as you do this day, To make your voice heard on high. 5 Is it a fast that I have chosen, A day for a man to afflict his soul? Is it to bow down his head like a bulrush, And to spread out sackcloth and ashes? Would you call this a fast, And an acceptable day to the Lord? 6 "Is this not the fast that I have chosen: To loose the bonds of wickedness, To undo the heavy burdens, To let the oppressed go free, And that you break every yoke? 7 Is it not to share your bread with the hungry, And that you bring to your house the poor who are cast out; When you see the naked, that you cover him, And not hide yourself from your own flesh? 8 Then your light shall break forth like the morning, Your healing shall spring forth speedily, And your righteousness shall go before you; The glory of the Lord shall be your rear guard. 9 Then you shall call, and the Lord will answer; You shall cry, and He will say, 'Here I am.' "If you take away the yoke from your midst, The pointing of the finger, and speaking wickedness, 10 If you extend your soul to the hungry And satisfy the afflicted soul, Then your light shall dawn in the darkness, And your darkness shall be as the noonday. 11 The Lord will guide you continually, And satisfy your soul in drought, And strengthen your bones; You shall be like a watered garden, And like a spring of water, whose waters do not fail. 12 Those from among you Shall build the old waste places; You shall raise up the foundations of many generations; And you shall be called the Repairer of the Breach, The Restorer of Streets to Dwell In. 13 "If you turn away your foot from the Sabbath, From doing your pleasure on My holy day, And call the Sabbath a delight, The holy day of the Lord honorable, And shall honor Him, not doing your own ways, Nor finding your own pleasure, Nor speaking your own words, 14 Then you shall delight yourself in the Lord; And I will cause you to ride on the high hills of the earth, And feed you with the heritage of Jacob your father. The mouth of the Lord has spoken."

- Matthew 6:16–18 (NKJV) — 16 "Moreover, when you fast, do not be like the hypocrites, with a sad countenance. For they disfigure their faces that they may appear to men to be fasting. Assuredly, I say to you, they have their reward. 17 But you, when you fast, anoint your head and wash your face, 18 so that you do not appear to men to be fasting, but to your Father who is in the secret place; and your Father who sees in secret will reward you openly.

- Matthew 9:14–15 (NKJV) — 14 Then the disciples of John came to Him, saying, "Why do we and the Pharisees fast often, but Your disciples do not fast?" 15 And Jesus said to them, "Can the friends of the bridegroom mourn as long as the bridegroom is with them? But the days will come when the bridegroom will be taken away from them, and then they will fast.

- Matthew 17:20–21 (NKJV) — 20 So Jesus said to them, "Because of your unbelief; for assuredly, I say to you, if you have faith as a mustard seed, you will say to this mountain, 'Move from here to there,' and it will move; and nothing will be impossible for you. 21 However, this kind does not go out except by prayer and fasting."

- Matthew 17:14–21 (NKJV) — 14 And when they had come to the multitude, a man came to Him, kneeling down to Him and saying, 15 "Lord, have mercy on my son, for he is an epileptic and suffers severely; for he often falls into the fire and often into the water. 16 So I brought him to Your disciples, but they could

not cure him." 17 Then Jesus answered and said, "O faithless and perverse generation, how long shall I be with you? How long shall I bear with you? Bring him here to Me." 18 And Jesus rebuked the demon, and it came out of him; and the child was cured from that very hour. 19 Then the disciples came to Jesus privately and said, "Why could we not cast it out?" 20 So Jesus said to them, "Because of your unbelief; for assuredly, I say to you, if you have faith as a mustard seed, you will say to this mountain, 'Move from here to there,' and it will move; and nothing will be impossible for you. 21 However, this kind does not go out except by prayer and fasting."

- Luke 2:37 (NKJV) — 37 and this woman was a widow of about eighty-four years, who did not depart from the temple, but served God with fastings and prayers night and day.
- Acts 13:2–3 (NKJV) — 2 As they ministered to the Lord and fasted, the Holy Spirit said, "Now separate to Me Barnabas and Saul for the work to which I have called them." 3 Then, having fasted and prayed, and laid hands on them, they sent them away.

Types of Fasts

- Daniel Fast – Fruits and vegetables (can be prepared in a variety of ways) are eaten through duration of Fast. Derived from - *"In those days I, Daniel, was mourning three full weeks. I ate no pleasant food, no meat or wine came into my mouth, nor did I anoint myself at all, till three whole weeks were fulfilled." Daniel 10:2*
- Juice Fast – Juices are consumed through the duration of Fast
- Water Fast – Water is consumed through the duration of Fast

Important medical information: Years of fasting incorrectly can cause permanent physical damage to your body. These negative effects are not typically felt at a young age, but they will accumulate after years of fasting.

For people who have struggled with eating disorders in the past, fasting should be done with wisdom and caution. Fasting should never be used for weight loss and it is important to enter back into healthy eating after fasting.

If you have a diagnosed illness and/or are taking prescription medicine, fasting should only be done with the permission and supervision of your health practitioner.

Daniel Fast
Foods to include in your diet

One of the great things about the Daniel Fast is that you are not limited to any specific amount of food, but rather to the kinds of food you can eat.

All fruit. These can be fresh, frozen, dried, juiced or canned. Fruits include but are not limited to: apples, apricots, bananas, blackberries, blueberries, boysenberries, cantaloupe, cherries, cranberries, figs, grapefruit, grapes, guava, honeydew melon, kiwi, lemons, limes, mangoes, nectarines, oranges, papayas, peaches, pears, pineapples, plums, prunes, raisins, raspberries, strawberries, tangelos, tangerines, and watermelon.

All vegetables. These can be fresh, frozen, dried, juiced or canned. Vegetables include but are not limited to: artichokes, asparagus, beets, broccoli, Brussels sprouts, cabbage, carrots, cauliflower, celery, chili peppers, collard greens, corn, cucumbers, eggplant, garlic, ginger root, 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.

All whole grains, including but not limited to: whole wheat, brown rice, millet, quinoa, oats, barley, grits, whole wheat pasta, whole wheat tortillas, rice cakes and popcorn. All nuts and seeds, including but not limited to: sunflower seeds, cashews, peanuts, sesame, also nut butters, including peanut butter, almond butter, and cashew butter.

All legumes(beans). These can be canned or dried. Legumes include but are not limited to: dried beans, pinto beans, split peas, lentils, black eyed peas, kidney beans, black beans, cannellini beans, and white beans.

Beverages: spring water, distilled water or other pure waters.

Other: tofu, soy products, vinegar, seasonings, salt, herbs and spices.

Foods to avoid on the Daniel Fast

- All meat and animal products including but not limited to: beef, lamb, pork, poultry, and fish.
- All dairy products including but not limited to: milk, cheese, cream, butter, and eggs.
- All sweeteners including but not limited to: sugar, raw sugar, honey, syrups, molasses, and cane juice.
- All leavened bread and baked goods.
- All refined and processsed food products including but not limited to: artificial flavorings, food additives, chemicals, white rice, white flour, and foods that contain artificial preservatives.
- All deep fried foods including but not limited to: potato chips, French fries, and corn chips.
- All solid fats, including shortening, margarine, lard and foods high in fat.
- Beverages including but not limited to: coffee, tea, herbal teas, carbonated beverages, energy drinks, and alcohol.

Water and Juice Fasts

Prior to your fast

Many people have done a water and juice-only fast. For those who have a limited history of long term fasting, we would not encourage this fast for 21 days. A water-only fast can be noticeably more difficult than a water and juice-only fast, however many people find that they prefer to fast with water-only for fasts less than ten days.

Prepare your body for the fast by eating fresh fruit and raw vegetables, fruit or vegetable juices, oatmeal, etc. a day or two before beginning the actual fast. Eat smaller meals a few days prior to the fast and avoid high-fat and sugary foods. Eating light the day before the fast will help your body to adjust more gradually.

During your fast

Juice fasting: Drink **100%** fruit juices such as apple, grape, peach or pineapple, which are excellent sources of necessary natural sugar to stabilize blood sugar and keep energy levels up. Orange and grapefruit juice are good as well, but these are not recommended for arthritis or allergy sufferers. Monitor juice acidity carefully as it can cause canker sores. Raw vegetable juices such as carrot, celery, beet or green vegetable combinations are excellent as well (Not V8), 100% vegetable juices only, without added sugars, salt or preservatives. A fruit or vegetable juice fast allows you to enter into fasting but still gives enough energy to function. Many people have done a 40-day (or more) juice fast.

Drink plenty of water. Drinking **at least** half of your body weight in ounces of water per day (example: 150lbs=75oz./day). Distilled water is most beneficial, but filtered and purified water also works well.

It is wise to abstain from strong stimulants such as caffeinated and sugary drinks during a fast, including artificial sweeteners found in diet drinks. **Avoid protein drinks**, which have been known to cause health problems during a fast.

Expect some physical discomforts because of the detoxification process, especially on the second and third day. Physical annoyances may include: weariness, nausea, abdominal cramps, hunger pains, headache, and sleepiness, but press through it. **It is part of the detoxification process**. By day four and five on a juice or water fast, you will get some relief.

How to break your fast

Break your fast gradually, especially if you have fasted for more than three days. At this point you will need to exercise self-control. Break your fast on a meal that is light and easy to digest (i.e. grapes, a shredded apple, watermelon, steamed vegetables, or a baked potato).

A fast of three days or more should **never** be broken by eating a normal meal (including animal proteins, bread, sugar, dairy, and/or processed foods) because these heavy foods put a severe strain and shock on the digestive organs which have been resting throughout the fast. Eating too heavily after a fast can produce serious discomfort, and even damage your body!

After breaking an extended fast (10-21 days), continue drinking fruit or vegetable juices because your body is continuing to detoxify.

During any fast exceeding three days, your stomach will shrink. Do not over-expand it again by overeating. If you have been prone to eat too heavily, guard against going back to this habit. If you train yourself to eat more lightly, your stomach will adjust itself accordingly.

Additional resources for your fast

- Book: Fasting by Jentzen Franklin

Your Daniel Fast Weekly Meal Planning Sheet

Monday	Date:
Breakfast	
Lunch	
Snack	
Dinner	
Side	
Side	
Side	

Friday	Date:
Breakfast	
Lunch	
Snack	
Dinner	
Side	
Side	
Side	

Tuesday	Date:
Breakfast	
Lunch	
Snack	
Dinner	
Side	
Side	
Side	

Saturday	Date:
Breakfast	
Lunch	
Snack	
Dinner	
Side	
Side	
Side	

Wednesday	Date:
Breakfast	
Lunch	
Snack	
Dinner	
Side	
Side	
Side	

Sunday	Date:
Breakfast	
Lunch	
Snack	
Dinner	
Side	
Side	
Side	

Thursday	Date:
Breakfast	
Lunch	
Snack	
Dinner	
Side	
Side	
Side	

Shopping list	
☐	☐
☐	☐
☐	☐
☐	☐
☐	☐
☐	☐
☐	☐
☐	☐

FASTING GAMEPLAN

MY CAUSE OR REASON FOR FASTING :

_____
_____
_____
_____
_____
_____
_____

I WILL FAST BEGIN DATE : _____ END DATE : _____

WHO WILL I ASK TO FAST WITH ME, IF ANYONE?

_____

I ENDEAVOR TO SEEK GOD WITH MY WHOLE HEART DURING THIS TIME AND AM LOOKING FORWARD WITH GREAT EXPECTANCY TO RECEIVE WHAT HE HAS PLANNED FOR ME!

SIGNED : _____

DATED : _____

Notes from the fast

Capture how God is moving during the fast. Prayers answered, clarity of thought etc.