

FASTING GUIDE

The goal of fasting is to draw nearer to God. Biblical fasting always has to do with eliminating distractions for a spiritual purpose; it hits the reset button of our soul and renews us from the inside out.

Do not let what you eat or do not eat become the focus of your fast. Your personal fast should present a level of challenge to it, but it's very important to know your own body and follow what the Holy Spirit leads you to do. Keep the main thing the main thing, which is drawing closer to God.

Types of fasts:

COMPLETE FAST - In this type of fast, you eliminate all solid foods and drink only liquids (typically water and light juices). Complete fasts should only be done after consulting with your doctor.

SELECTIVE FAST - This type of fast involves removing certain elements from your diet. One example of a selective fast is the Daniel Fast, during which you eat only fruits/vegetables and drink only water. Another example would be choosing to eliminate one or more specific types of foods from your diet (e.g. red meat, processed/fast food, sugar, etc.).

INTERMITTENT FAST - This fast involves abstaining from eating any type of food for certain portions of the day. This can correlate to specific times of the day (such as from sunup to sundown) or specific meals. It is recommended that you eat a light meal(s) during the other portions of the day.

ACTIVITY FAST - This fast involves abstaining from a regular activity or habit, such as television, social media, news/talk radio, secular music, recreational shopping, secular books/magazines, etc. An activity fast can also be done in combination with any type of dietary fast.

A few final thoughts:

- If you drink coffee regularly, a mistake you can make is to abruptly cut it out of your diet. We strongly advise against this. The goal is to spend time enjoying God's presence, not in caffeine withdrawal.
- The length of your fast is up to you. You may choose to fast all 21 days or you may choose to fast several days out of the 21 day period. This is your personal decision and should be prayerfully considered as it applies to your circumstances.
- A thought to consider: mixing things up during the 21 days can work well for people. For example, one could fast selectively for a week, then intermittently for a few days, and finally completely for one day.
- Begin & break your fast well. Depending on the type of fast you choose, it is important to prepare your body ahead of time before beginning the fast. When your fast is over, add food(s) back in very gradually.
- Dietary fasts while pregnant or nursing are highly unrecommended. Pregnant or nursing mothers may consider an activity fast.

- If you have struggled with an eating disorder, it is important to remember that fasting is a tool used to get closer to God. If your method of fasting is going to cause you to obsess about what you eat in any way, reconsider the type of fast you choose. Ask God to help change your approach & mindset.
- Make it a priority to attend church during the 21 days. Being around other believers will encourage you to keep on going when fasting gets difficult.
- If you mess up, don't get discouraged. Just get right back on track and keep going.

BIBLE READING GUIDE

Bible reading and personal devotions are foundational parts of these 21 days. Choosing a spot and even a specific place where you will seek God every day is important. If you miss a few days, it is usually not advisable to try to catch up - simply pick up at the next reading. The key is to stay with it and not give up.

A great, simple way to journal as you read the Bible is to use the SOAP method. SOAP stands for:

SCRIPTURE - Read prayerfully. Take note which scripture(s) catches your attention and mark it in your Bible.

OBSERVATION - Focusing on that scripture, tune in and listen to what God is saying to you through His Word. Ask the Holy Spirit to be your guide and show you what God is saying.

APPLICATION - Think of how this verse(s) applies to your life right now. Use your journal to write how this scripture applies to you today.

PRAYER - Wrap up your SOAP time in prayer and talk to God about what you've just read.