

05 WHEN YOU FAST

Prayer and fasting is defined as voluntarily going without comforts, distractions, or places of dependence, that we may display a posture of humility and dependence on God. Having a dedicated time of prayer and fasting is not a way of manipulating God. Rather, it is a time to align ourselves with God's desires for us. It's a time to rely on God to show us how to become who God has called and equipped us to be.

This most often and traditionally has been represented through abstaining from food (when medically and dietarily able) in order to focus on prayer and fellowship with God. Far too often, though, the focus of prayer and fasting is solely on abstaining from food. Instead, the purpose of Christian fasting should be to take our eyes off the comforts of everyday life and focus our thoughts on God. Fasting isn't meant to be focused on an empty ritual observance or legalistic adherence to the law, but rather on a truly devoted heart as an act of worship to God and disruption of our daily lives.

06

FAST GUIDELINES

This time of fasting and consecration to the Lord should be a time of sacrifice.

When you have a meal, please eat healthier foods. *Drink a ½ ounce to an ounce of water for each pound you weigh. For example, if you weigh 150 pounds, you should drink 75 to 150 ounces of water each day.*

Things to avoid during the designated times include: soda, fried foods, desserts, limited use of caffeine, alcohol, tobacco, and junk food.

Fasting **begins** at midnight Sunday night, and **ends** at 6:00pm on Friday of each week.

Modify your diet on the weekend (example of a modified diet is to commit to eating one raw meal a day). You can also choose fruit in place of sweets on the weekend.

07

ALTERNATE FASTING FOR THOSE WITH DIETARY OR HEALTH RESTRICTIONS

Some individuals may have health concerns or dietary struggles that supersede the fasting guidelines, see the disclaimer below for examples.

Please enter into fasting prayerfully and medically informed. Ask your doctor if you have questions regarding fasting.

We love you and want you to be healthy. You can fast in many other ways besides abstaining from food (i.e. no media, exercise daily, spend extra time in prayer, no shopping...).

As Pastor notes, fasting is primarily about shaking us from places where we indulge and numb ourselves from his voice or his presence. Let the Lord lead you to find what places in your life may be distracting you from Him and hearing His voice, and look for ways to fast from those pieces instead.

08

ALTERNATE FASTING

CONTINUED

We are offering some structured alternative fasting models to help you experience the spiritual, physical and mental strength God has waiting for you. You will find them in the weekly guides.

Disclaimer: If you have any of the following conditions, consult with your medical team before starting the standard OctoberFast:

- Physical health conditions: Anemia, serious cardiac arrhythmia, active ulcer, liver or kidney disease, pregnant or nursing, preteen children, medically underweight, cancer, active cancer, immunocompromised or COVID-19
- Mental health conditions: Any eating disorder, Obsessive Compulsive Disorder or depression
- Medications: If you are on medication for diabetes, high blood pressure, diuretics or anything that may make you feel dizzy or lightheaded or constipated.