

2022 VERSION

UNITY OF FAITH
Christian Center

FASTING RESOURCE GUIDE

Whether you're joining our annual corporate fast, or wanting to fast on your own, we've included helpful information on types of fasts, frequently asked questions, and other resources to aid in your time of consecration.

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A MESSAGE FROM

OUR PASTOR



BISHOP ALMOTIS AUSTIN

Founder & Senior Pastor

Greetings and welcome to this journey of intimacy with God! It is my prayer this guide be a resource not just for this month, but through your walk with Christ. I have seen the power of fasting in my own life, and as you begin to implement this principle, I believe you will to. So be encouraged, have a heart of expectation and enjoy the journey.

UNITY OF FAITH CHRISTIAN CENTER

THE FAST I CHOOSE...

With this guide, whether you are fasting for the first time or the one-hundredth time, our prayer is that you gain tools to grow in this foundational discipline. Included in this guide are helpful Bible plans, helpful books on fasting, ways to prepare for a fast among many others! Revisit this guide as many times as needed; we pray you are blessed by it's contents.

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INTRODUCTION

Isaiah 58:6-7 says, ""Isn't this the fast I choose: To break the chains of wickedness, to untie the ropes of the yoke, to set the oppressed free, and to tear off every yoke? Is it not to share your bread with the hungry, to bring the poor and homeless into your house, to clothe the naked when you see him, and not to ignore your own flesh and blood? Then your light will appear like the dawn, and your recovery will come quickly. Your righteousness will go before you, and the Lord's glory will be your rear guard."

It can be easy to forget the purpose and focus of fasting, especially in the world we live in, but Isaiah gets us back on track. Fasting opens our spiritual eyes to things that are most important. Our focus is shifted from ourselves and is set on furthering the Kingdom. Deliverance, restoration, justice, advocacy and healing are just a few things that are furthered when we make fasting a priority. May this guide help you do just that.





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choose: To break the
chains of wickedness, to
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ISAIAH 58:6

GETTING STARTED

WHAT IS FASTING?

Fasting is simply abstaining from something, typically food, for a period of time. While some may typically partake in fasting to lose weight, the purpose of Biblical fasting is to draw closer to God through His Word and prayer.

REASONS TO FAST

As noted in the book "Fasting by Dr. Jentezen Franklin, here are some questions to ponder when deciding whether or not to fast:

1 Am I in need of a miracle or healing?

2 Am I needing clarity for a decision I need to make?

3 Do I need a fresh encounter with God?

4 Do I desire a more intimate relationship with God?

Whatever your reason, it is important the purpose of fasting be central to your decision to fast. If our heart is to be seen as righteous or to merely carry out a religious ritual, our fast will be ineffective.

THREE TYPES OF FASTS

FULL FAST - A full fast is where one completely abstains from food (drinking only water) for a determined period of time.

PARTIAL FAST - A partial fast is from sunup to sundown (or any 8-12 hour interval). An individual can choose either a full fast, a Daniel fast, or giving up one item of food.

DANIEL FAST - A Daniel fast is where one abstains from sweets, bread, and no meat. One is free to enjoy fruits, vegetables, juice and water.

OTHER FASTS - One can also abstain from movies, social media, going out, television or all processed foods. Whatever you decide to fast, remember it is your heart posture that is most important.

FEATURED READING PLAN



Many of us long for spiritual revival for ourselves, our church, our community, our nation, our world. Through this plan you will commit 21 days to understanding revival, growing your passion for revival, and crying out to God for revival. The first week focuses on personal revival. The second week explores community revival. The final week shows how to prepare for revival. Now is the time to pray for revival.

As provided on the YouVersion Bible App by Queensland Baptists



YouVersion



DAILY FASTING SCHEDULE

Each week consists of three (3) days following the Daniel fast guidelines and two (2) days following a Partial fast from 6am-6pm following the Full fast. Reference the definitions for both on Page 7.

DAY ONE

Complete **Day One** of the featured reading plan.

DANIEL FAST

DAY TWO

Complete **Day Two** of the featured reading plan.

DANIEL FAST

DAY THREE

Complete **Day Three** of the featured reading plan.

PARTIAL - FULL
(6AM-6PM)

DAY FOUR

Complete **Day Four** of the featured reading plan.

DANIEL FAST

DAY FIVE

Complete **Day Five** of the featured reading plan.

DANIEL FAST

DAY SIX

Complete **Day Six** of the featured reading plan.

FULL

DAILY FASTING SCHEDULE

CONTINUED...

DAY SEVEN

Complete **Day Seven** of the featured reading plan.

DANIEL FAST

DAY EIGHT

Complete **Day Eight** of the featured reading plan.

DANIEL FAST

DAY NINE

Complete **Day Nine** of the featured reading plan.

PARTIAL - FULL
(6AM-6PM)

DAY TEN

Complete **Day Ten** of the featured reading plan.

DANIEL FAST

DAY ELEVEN

Complete **Day Eleven** of the featured reading plan.

DANIEL FAST

DAY TWELVE

Complete **Day Twelve** of the featured reading plan.

PARTIAL - FULL
(6AM-6PM)

DAILY FASTING SCHEDULE

CONTINUED...

DAY THIRTEEN

Complete **Day Thirteen** of the featured reading plan.

DANIEL FAST

DAY FOURTEEN

Complete **Day Fourteen** of the featured reading plan.

DANIEL FAST

DAY FIFTEEN

Complete **Day Fifteen** of the featured reading plan.

PARTIAL - FULL
(6AM-6PM)

DAY SIXTEEN

Complete **Day Sixteen** of the featured reading plan.

DANIEL FAST

DAY SEVENTEEN

Complete **Day Seventeen** of the featured reading plan.

DANIEL FAST

DAY EIGHTEEN

Complete **Day Eighteen** of the featured reading plan.

PARTIAL - FULL
(6AM-6PM)

DAILY FASTING SCHEDULE

CONTINUED...

DAY NINETEEN

Complete **Day Nineteen** of the featured reading plan.

DANIEL FAST

DAY TWENTY

Complete **Day Twenty** of the featured reading plan.

DANIEL FAST

DAY TWENTY-ONE

Complete **Day Twenty - One** of the featured reading plan.

PARTIAL - FULL
(6AM-6PM)

ENJOY

FOODS TO ENJOY

ALL FRUITS

Apples	Guava	Pears	Turnips
Apricots	Honeydew Melon	Pineapples	Watercress
Avocados	Kiwi	Plums	Yams
Bananas	Lemons	Prunes	Zucchini
Berries	Limes	Raisins	
Breadfruit	Mangoes	Raspberries	
Cantaloupe	Melons	Strawberries	
Cherries	Mulberry	Tangelos	
Coconuts	Nectarines	Tangerines	
Dates	Oats	Watermelon	
Figs	Olives	Sprouts	
Grapefruit	Oranges	Squashes	
Grapes	Papayas	Sweet Potatoes	
Grenadine	Peaches	Tomatoes	

SEEDS/NUTS

All nuts (raw, unsalted)	Sprouts	Ground Flax
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WHOLE GRAINS

Whole wheat	Brown rice	Millet	Quinoa Oats
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OTHER

Tofu	Herbs	Small amounts of Honey
Soy products	Small amounts of Ezekiel bread	Small amounts of sea salt

ALL VEGETABLES

Artichokes	Garlic	Scallions	Grits (no butter)
Asparagus	Ginger root	Spinach	Whole wheat pasta
Beets	Kale	Black eyed peas	Beans
Broccoli	Leeks	Greens beans	Lentils
Brussel sprouts	Lettuce	Green peas	Lupines
Cabbage	Mushrooms	Kidney beans	White Peas
Carrots	Mustard	Peanuts (includes	Sesame
Cauliflower	Okra	natural peanut	Almonds
Celery	Onions	butter)	Plain Rice Cakes
Chili peppers	Parsley	Cashews	Whole wheat
Collard greens	Peppers	Walnuts	tortillas
Corn	Potatoes	Sunflower	
Cumbers	Radishes	Rolled Oats	
Eggplant	Rutabagas	Plain Oatmeal (not	
		instant oatmeal)	

LIQUIDS

Water	Herbal Tea (Caffeine free)
Unsweetened:	100% Fruit/Vegetable
Soy Milk	Juice (no added sugar)
Almond Milk	
Oat Milk	

AVOID

FOODS TO AVOID

All animal products
including all meat,
poultry, fish...

White rice

White bread

All deep fried foods

Caffeine

Coffee (including
decaf b/c contains

small amount of
caffeine)

Carbonated beverages

Energy drinks

Foods containing
preservatives,
additives

Refined foods

Processed foods

Food additives

Refined sugar

Sugar substitutes

Raw sugar

Syrups

Molasses

Cane juice

White flour

Margarine

Shortening

High fat products

Butter

All leavened breads

Baked goods

All dairy:

Milk

Cheese

Yogurt

Cream

Eggs

Alcohol

Mayonaisse



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