

# Fasting Information

## WHAT TO DO

- **Determine your fasting goal through prayer.** For example, you may wish to fast to see revival in our church and community, for a family member, for your marriage, for an addiction, for a decision that you need to make, for emotional or physical health, for your finances, for a child, to love God more, etc.
- **Commit to spending extra time in one-on-one time with God.**
- **If you would like to receive prayer, please fill out our prayer request form at [staalliance.org/connectcard](https://staalliance.org/connectcard)**
- **Commit to a type of fast** (see “Types of Fasts”)
- **Do it together with someone else (a friend, spouse, Apprenticeship Prayer Partner).** Consider fasting on the same day, and then encourage each and discuss what the LORD is showing you.
- **As you fast, monitor the inner attitude of your heart.** At first, you’ll focus on the physical aspects of the fast, but it is most important to monitor the inner attitude of the heart. Outwardly you perform regular duties of the day, but inwardly you will be in prayer and adoration, song, and worship to God!

## TYPES OF FASTS

### Partial Fast (particularly if you have never tried fasting before)

#### 1. 24 hour Partial Fast

- A full day of fasting, from one meal to the same meal on the next day, for example, lunch to lunch
- You can drink fruit or vegetable juices
- You can fast 1 day per week or 1 day a month, etc.

#### 2. One-Meal-Per-Day Fast

- Fast one meal per day for one or more days per week

#### 3. Daniel Fast

- A partial fast where you eat only foods like vegetables, nuts, fruit, water, etc.
- This is usually a 21 day fast

#### 4. Medical Condition Fast

- If you have physical reasons why you should not fast food, for example: diabetes,
- hypoglycemia, expectant mothers, heart patients, etc., you may still be able to do a
- modified fast e.g. junk food, coffee, etc.
- If you have a medical condition always seek medical advice

### 24hr Full fast: (if you’ve done partial fast before)

- Drink only clear juices or water for 24 hours
- You can do this one day per week
- You will feel some hunger pangs or discomfort before the day is over, this isn’t real hunger. Your stomach has been trained through years of conditioning to give hunger signals at certain times of the day. Ignore these signals; we are to be masters of our stomachs, not its slave!
- If family obligations permit it, devote the mealtimes to prayer and reading of the Word!

### 3-7 day Fast: (if experienced at 24hr fasts, ask Lord about 3 or 7 days fasts)

- Follow the same guidelines as for 24hr full fasts
- Don’t “stock up” on food leading up to the fast; have lighter meals beforehand
- Be careful when ending your fast, your stomach has shrunk so eat lighter meals that are easy to digest

## **14 or 21 day Fast: (for experienced fasters)**

- • Follow the same as guidelines as a 3-7 day fast

### **Media entertainment fast:**

- Everyone should seek the Lord about fasting from email, social media, movies, TV, internet, video games, etc.

## **WHAT HAPPENS TO MY BODY?**

### **Days 1-3**

These days are the most difficult days of a fast in terms of physical discomfort and hunger. The body is beginning to rid itself of toxins, an uncomfortable process. Some people experience a white coating on the tongue and bad breath. You may experience headaches during this time, especially if you are an avid coffee or tea drinker – those are mild withdrawal symptoms and will pass, though uncomfortable for the time. Many people feel cold when fasting because the body's metabolism is not producing the usual amount of heat – take care to keep warm.

### **Day 4**

Often by this day the hunger pains begin to subside though you can have feelings of weakness and occasional dizziness, which is often temporary. If you are struggling with weakness, try rest as the remedy. You may find this the most difficult period of the fast.

### **Days 6 or 7**

Often by this point in the fast you will begin to feel stronger and more alert. Hunger pains often diminish and become minor as you approach day 9-10. By this point the body will have eliminated the bulk of toxins and you'll feel good with your concentration sharpened. Some people feel like they could fast indefinitely by this stage. Physically this is the most enjoyable part of the fast.

### **Days 21-40**

After three weeks with no food, hunger pains will return, signaling the first stage of starvation. At this point the body has used up its reserves and is beginning to draw on the living tissue. The fast should be carefully broken at this point.

Bright, B. (1995). 7 Basic Steps to Successful Fasting & Prayer. Orlando, Florida: New Life Publications.

