

# Hunger More for God



## **FASTING GUIDE**

# What is Fasting?

Fasting is a spiritual discipline which the bible says draws us closer to Jesus, gives spiritual clarity and provides breakthrough over the enemy. Essentially biblical fasting is giving up specific foods and drink for a specified number of days.

A corporate fast is a joint fast of believers for a specific purpose that can yield powerful results. Although this fast involves others, it is also very much a private and personal experience.

## Why Fast?

In Matthew 6, Jesus gave specific direction on how to live as a child of God. Jesus said, “when you give”, “when you pray”, and “when you fast”. He made it clear that fasting, like giving and praying, was a normal part of Christian life. Fasting is how you present your body to God as a living sacrifice. Fasting is how to keep sensitive to his spirit, enabling you to live holy. Fasting is a constant means of renewing yourself spiritually. The discipline of fasting breaks you out of the world’s routine. It is a form of worship.

# Who should Fast?

Fasting is an important spiritual discipline for all believers. However, if you have any existing medical concerns or conditions, consult your doctor and decide together what is possible. If your health condition prohibits you from fasting food, try fasting something else and concentrate on prayer and bible study. For more information talk to your Pastor or a spiritual mentor.. If you are under 18 years of age, discuss your desire to fast with your parents. Parents, the best way to show your children the power of fasting is to lead by example.

# When is our Fast?

The recommendation of this guide is to participate in a 10 day or 21 day Daniel fast during the month of January each year. The easiest way to describe this partial type fast is essentially eating NO meats, sweets, or wheats.

“Please test your servants for ten days: Give us nothing but vegetables to eat and water to drink.” ~ **Daniel 1:12**

When going on a Daniel fast, or any type of fast. If you have questions outside of what scripture says, prayerfully seek the Lord and be led by the Spirit for the specifics of your personal fast.

# How do I Fast?

You should enter your fast with prayer and a specific plan and purpose. Here is a sample plan outline to help you get started.

Type:	Daniel Fast
Length:	10 days
Corporate Purpose:	Hunger More for God
Focus	Feast on prayer and God's word instead of fine foods
Food Guidelines:	No meats, sweets or wheats

## ***Foods You Can Eat on the Daniel Fast***

- ✓ All Fruits: Fresh, frozen, dried, juiced or canned (so long as it doesn't contain added sugars)
- ✓ All Vegetables: Fresh, frozen, canned, dried or juiced. Avoid added sugar or preservatives.
- ✓ All Whole grains: This includes whole wheat pasta, whole wheat tortillas, rice cakes and popcorn.
- ✓ All Nuts & Seeds: This includes nut butters. Avoid added sugar and preservatives.
- ✓ All Beans and legumes: If you use canned beans look for organic and/or low-sodium.
- ✓ Beverages: Only Water and fresh squeezed fruit or vegetable juice.

### ***Foods you Can't eat on the Daniel Fast***

- × Animal products: all meat, dairy, seafood and eggs
- × No sugar or sweeteners of any kind
- × Refined and processed foods. Foods that contain artificial flavorings, artificial preservatives, food additives, white flour and white rice.
- × Deep Fried Foods. All fried foods
- × Solid fats: butter, lard, margarine and shortening
- × No chocolate
- × Some beverages: alcohol, coffee, and other caffeinated beverages.

Fasting is an exchange; we abstain from certain things in order to “feast” on God’s word and prayer. Fasting, prayer and reading God’s word go hand in hand and promise spiritual growth.

Draw near to God and he will draw near to you. Pray as much as you can throughout the day. Stop to worship often. Get away from the normal distractions as much as possible and keep your heart and mind on seeking God’s face! Fasting is truly a secret source of power and a tremendous weapon in the life of a believer.

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*Too often the focus of fasting is on the lack of food. Instead, the purpose of fasting should be to take your eyes off the things of this world to focus completely on God.*






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# What to expect

When you fast your body detoxifies, eliminating toxins from your system. This may cause mild discomfort such as headaches and irritability during withdrawal from caffeine and sugars. And naturally, you will have hunger cravings. You may be surprised to find that fasting is not as daunting as you may have thought it to be. But if you do find it to be a battle, don't lose heart. God knows your weaknesses and will strengthen, comfort and encourage you.

## Benefits of Fasting

Not only does fasting and praying help us focus on God, but through time it brings us closer to Him and changes our hearts. Here are a few benefits of fasting and praying.

-  Helps us hear from God
-  Reveals our hidden sin
-  Strengthens our intimacy with God
-  Teaches us to pray with the right motives
-  Grows and builds our faith

# My Personal Purposes

Develop clear purposes for your fast. Keep them before your eyes. Do not lose sight of the personal and corporate reasons for your fast. Pray fervently and desperately about them during your fast.

Corporate purpose for fast:      Hunger more for God

Private purpose for fast: Write out your personal requests and concerns. Keep them before your eyes. Do not lose sight of the personal and corporate reasons for your fast- pray fervently about them!

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# Commit to a Fast Prayer

Father I delight myself in You and You cause my desires to be agreeable with Your will.

I humble myself before You, Most High God. In accordance with Daniel 1:12, I will eat no \_\_\_\_\_ for the period of \_\_\_\_\_.

I choose the fast You have chosen: to loose the chains of injustice and untie the cords of the yoke, to set the oppressed free and break every yoke. I share my food with the hungry and provide the poor wanderer with shelter. When I see the naked, I will clothe him and I will not turn away from my own flesh and blood. Then my light will break forth like the dawn, and my healing will quickly appear; then my righteousness will go before me, and Your glory, Lord, will be my rear guard.

Father, thank you for cleansing me- spirit, soul and body. All my ways seem innocent to me, but my motives are weighed by You, my Lord and my Master. I commit this fast to you and my plans will succeed. In Jesus Name Amen

## ***Scripture references***

*Psalm 37:4 / Isaiah 58:6-8 / Daniel 10:12 / 1 Thessalonians 5:23/ Proverbs 16:1-3*