

1NAME

C H U R C H

Fasting 101

“WHETHER YOU ARE BEGINNING A PRIVATE FAST, OR FASTING CORPORATELY AS WE DO EACH YEAR AT 1NAME, I BELIEVE YOU WILL FIND THESE TIPS HELPFUL.” PS COREY FARVER

How to Begin: Start with a clear goal. Be specific. Why are you fasting? Do you need direction, healing, restoration of marriage or family issues? Are you facing financial difficulties? Ask the Holy Spirit for guidance. Pray daily and read the Bible.

Preparing Spiritually: Confess your sins to God. Ask the Holy Spirit to reveal areas of weakness. Forgive all who have offended you and ask forgiveness from those you may have offended (Mark 11:25; Luke 11:4; 17:3-4). Surrender your life fully to Jesus Christ and reject the worldly desires that try to hinder you (Romans 12:1-2).

Deciding What to Fast: The type of fasting you choose is up to you. You could go on a full fast in which you only drink liquids, or you may desire to fast like Daniel, who abstained from sweets and meats, and the only liquid he drank was water. Remember to replace that time with prayer and Bible study.

Deciding How Long: You may fast as long as you like. Most can easily fast from one to three days, but you may feel the grace to go longer, even as much as 21 to 40 days. Use wisdom and pray for guidance. Beginners are advised to start slow. You can start with “1Name” for 21 days!

What to Expect: When you fast your body detoxifies, eliminating toxins from your system. This can cause mild discomfort such as headaches and irritability during withdrawal from caffeine and sugars. And naturally, you will have hunger pains. Limit your activity and exercise moderately. Take time to rest. Fasting brings about miraculous results. You are following Jesus’

example when you fast. Spend time listening to praise and worship. Pray as often as you can throughout the day. Get away from the normal distractions as much as possible and keep your heart and mind set on seeking God's face.

How to End: Don't overeat when the time comes to end your fast. Begin eating solid food gradually; eat small portions or snacks.

Why should I fast?: According to the Bible, there are three duties of every Christian: give, pray and fast. Biblical fasting takes a lot of discipline and strength—strength which you can only receive from God. Your private discipline will bring you rewards in Heaven, says Matthew 6. When you give God your first through fasting, prayer and giving at the beginning of the year or at the start of the fall season you set the course for the entire year. Are you in need of healing or a miracle? Do you need the tender touch of God in your life? Is there a dream inside you that only He can make possible? Are you in need of a fresh encounter? Do you desire a deeper, more intimate and powerful relationship with the Lord? Are you ready to have heightened sensitivity to the desires of God? Do you need to break away from bondages that have been holding you hostage? Is there a friend or loved one that needs Salvation? Do you desire to know God's will for your life?

BIBLICAL FASTING FOCUS

1 TIMOTHY 2:1-2: "I exhort therefore, that, first of all, supplications, prayers, intercessions, and giving of thanks, be made for all men; For kings, and for all that are in authority; that we may lead a quiet and peaceable life in all godliness and honesty."

ROMANS 12:1: "I beseech you therefore, brethren, by the mercies of God, that ye present your bodies a living sacrifice, holy, acceptable unto God, [which is] your reasonable service."

MATTHEW 6:33: "But seek ye first the kingdom of God, and his righteousness; and all these things shall be added unto you."

ISAIAH 58:6 "[Is] not this the fast that I have chosen to loose the bands of wickedness, to undo the heavy burdens, and to let the oppressed go free, and that ye break every yoke?"

We want to encourage you to target your prayers during the fast. We encourage you to seek the Lord in prayer and let your decisions about your

biblical fasting come from Him. Ask the Lord to show you areas to target during your time of fasting and prayer. We believe that, as we pray and seek God and give Him our best at the first of the year, He will bless our ENTIRE year (Matthew 6:33)!

Types of Fast

Complete Fast

In this type of fast, you drink only liquids, typically water with light juices as an option.

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 remove meat, sweets, and bread from your diet and consume water and juice for fluids and fruits and vegetables for food.

Partial Fast

This fast is sometimes called the “Jewish Fast” and involves abstaining from eating any type of food in the morning and afternoon. This can either correlate to specific times of the day, such as 6:00 am to 3:00 pm, or from sunup to sundown.

Soul Fast

This fast is a great option if you do not have much experience fasting food, have health issues that prevent you from fasting food, or if you wish to refocus certain areas of your life that are out of balance. For example, you might choose to stop using social media or watching television for the duration of the fast and then carefully bring that element back into your life in healthy doses at the conclusion of the fast.

Special Food or Activity Fast: (Selective Fast or Partial Fast)

- In this type of fast you omit a specific item or items from your meal plans. For example, you may choose to eliminate all red meat, processed or fast food, or sweets. Most people can incorporate this type of fast relatively easily. It can also prove to be a great solution for people with specific dietary needs or medical conditions that may cause certain limitations.
 - While fasting typically refers to refraining from specific food items, you may also find it extremely beneficial to fast from a regular activity or habit. This might include things such as television, social media, and the like.
 - Prayer and fasting are not just about connecting to God but also about disconnecting from the world. Try to tune out some of the regular distractions from your day as much as possible. Replace that time with things that will nourish you spiritually.
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Daniel Fast: (Selective Fast or Partial Fast)

- The Daniel fast is a great model to follow and one that is extremely effective for spiritual focus, bodily discipline, and purification of the body and soul. It is probably one of the most commonly referred-to fasts. However, within the Daniel fast there is room for broad interpretation.
- In the book of Daniel we find two different times where the prophet Daniel fasted. Daniel 1 states that he only ate vegetables and water, and in Daniel 10, while the passage does not give a specific list of foods that Daniel ate, it does state that he ate no rich (or choice) foods, as well as no meat or wine. Based on these two verses, we can see that either of these, or combinations of the two, constitute a Daniel fast.

- Again, it is important to mention that there is nothing inherently spiritual about one type of fast as opposed to another. The foundation of the Daniel fast is fruits and vegetables. Some starchy vegetables and dairy could be included, but that depends on the individual. Seek God in prayer about this and follow what the Holy Spirit leads you to do.
- The Daniel Fast website: <http://Daniel-Fast.com>
- The Daniel Fast Blog: <http://DanielFast.WordPress.com>

Steps to complete the Daniel Fast:

Step 1: Be Specific: Daniel was not vague in his objection to the Babylonian diet. He defined the problem immediately. The king's food was against dietary laws. Daniel and his friends had vowed against wine. The king's food had been offered up to idols/demons.

Step 2: Fast as a Spiritual Commitment: The Daniel Fast involves a spiritual commitment to God. "Daniel proposed in his heart that he would not defile himself" (Daniel 1:8).

Step 3: Reflect Inner Desire by Outer Discipline: Many people have an inner desire for better health, but they can't discipline themselves to avoid junk food, and other foods that are not good for their health. The physical health you seek from God may be more than an answer to prayer. Your physical health can be linked to any of the following factors: Your food choices. The level of your spiritual commitment as reflected in constant prayer during the fast. Your time commitment. If you determine to fast for a certain time, keep it. For example, if you determine to fast 10 days, don't stop on Day 9. Your testimony commitment. Your fast is a statement of faith to God that you want Him to heal your body, and faith is foundational to the Daniel Fast.

Step 4: Pray to Perceive Sin's Role in Poor Health: Notice James 5:13-16: Sin is something related to the cause of sickness. Lack of health/healing may be the result of spiritual rebellion. Lack of health/healing may be due to sin of wrong intake, i.e. drugs, pornography. Repentance is linked to health according to James. Elders have a role in healing both spiritual and physical health. Sick people must desire to be well The anointing oil could mean Medicine for healing, Symbolic of the Holy Spirit, or It could be baptism Prayer alone may not gain healing, faith is the major factor. In Greek there

are several words for “sick”. James uses “Kanino”, which not only includes disease, but also means weak or weary. Attitude is important. James said, “are there any among you suffering? Let him pray. Is anyone cheerful? Let him sing psalms.”

Step 5: Fast as a Statement of Faith to Others: Daniel was making a statement of faith when he asked for only vegetables to eat and water to drink, then dared the overseer to compare the appearance of the four sons of Israel with the young men who ate the king’s food.

Step 6: Learn the Effects of the Food You Eat: Why are some foods good for us, and other foods not? What does certain food do to your body? If we really knew, there would likely be some things we would never eat again.

Step 7: Yield All Results to God: Daniel said, “as you see fit, deal with your servants” (Dan. 1:13).

FOOD GUIDELINES FOR A DANIEL FAST

Daniel 1:12 “Please test your servants for ten days, and let them give us vegetables to eat and water to drink.”

Daniel 10:3 KJV “I ate no pleasant food, no meat or wine came into my mouth, nor did I anoint myself at all, till three whole weeks were fulfilled.”

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 for your personal fast.

CHECK THE DANIEL FAST WEBSITE FOR FOOD LIST!

Juice Fast: (Selective Fast or Partial Fast)

A Juice fast is simply consuming vegetable and fruit juices and water instead of solid food. Many people include whey protein in their liquid plan as well. This is one of the most popular and effective fasts. Even if you choose not to make your entire fast liquids-only, substituting one or two meals for liquids is a great alternative.

Water Fast: (Complete Fast)

- A water-only fast is the normal fast referred to in the Bible. This is how Jesus and the New Testament church fasted. A water fast is just that—no eating of any food or drinking of any liquids except water.
- Periodic water fasts can be very beneficial, but extreme precautions should be taken. For some people it is hard to perform effectively at their jobs and have energy for their families while drinking only water. We recommend consulting your physician first.
- Water fasting typically lasts for a day or two unless you can get away or your job allows you to really disconnect so you can give your best energy to the fast. When Jesus went on His forty-day fast, He went by Himself out into the wilderness.
- Having said all that, there are some people who can water fast and work, and they function fine without much fatigue and are able to work well. You are blessed if you are one of these people.