

Christian Fasting Guidelines

Biblical fasting is giving up specific foods and drink for a specific number of days, with the intent of spending additional time in prayer and reading God's Word. The Bible teaches that fasting is to be done in secret, and that it is not a means by which we earn increased favor from God or improve our status with God. Fasting is a principal, a discipline and a pathway laid out in the scriptures that advances God's purposes in the lives of his people and the world in which we live.

The type and length of the fast you choose is between you and God, and should not be based on what others are doing. Fasting is a way to deny your physical appetites and feed your spirit, drawing closer to the Lord. The focus is not on the issue of self-denial or the length of your fast, but rather on the attitude of your heart as you seek God. Prior to beginning your fast, decide on your fasting plan, along with your primary focus and requests.

IMPORTANT PREFACE

Before beginning any fast:

- **Consult your doctor or a licensed medical professional**, especially if you have health conditions, take medication, or have dietary restrictions.
- **Anyone under 18 must have parental approval and supervision.**
- Pregnant or nursing women **should not** participate in restrictive fasts.
- A full fast **is not** recommended if your job requires significant physical exertion.

TYPES OF FASTS:

Full fast: no solid food, liquids only, especially water, but you may also drink clear broth, 100% fruit or vegetable juice.

Partial fast: abstaining from certain foods or drink, while still consuming some food and liquids (with the option of skipping meals for a specific amount of time). Always drink plenty of water.

Daniel fast: includes fruits, vegetables, whole grains, legumes, nuts, and seeds. It would exclude animal products, dairy products, added sweeteners, processed foods (white flour and white rice), alcohol and caffeine.

Medical fast: effectively used for pre-surgery patients. (See additional handout.)

Intermittent fasting: involves alternating between periods of eating and periods of fasting.

Corporate fast: is a joint fast of believers for a specific purpose.

Absolute/complete fast: no food or water. **NOT recommended beyond 24 hours and ONLY with medical approval.**

PRACTICAL TIPS:

- Always drink plenty of water, it washes out toxins released by fasting.
- Increase the amount of time that you spend praying and reading God's Word.
- For beginners, start out with short periods of fasting and increase the length slowly over time if desired.
- Make a list of your most important prayer requests. Pray for these daily.
- Keep a journal or note pad with you to record insights from the Lord.
- For fasts 4+ days, transition into and out of your fast by eating mild foods over a 24-36 hour time period.
- Consider fasting from non-food items during your fast (i.e. social media, hobbies, the gym, etc.)

FASTING

Pre-Fasting Diet*

Fasting brings you closer to God. It is also a way to humble yourself.

There are also physical benefits such as weight loss. Yet fasting is not to be confused with dieting.

Below is a pre-fasting diet which will help prepare your body for a long fast. It not only cleanses the body from toxins, but stimulates the metabolism of your body. Many people lose 7 to 12 pounds in one week depending on one's body weight.

Basic Fat Burning Soup:

6 large green onions (scallions)
2 green peppers
1 or 2 large cans of tomatoes
1 bunch of celery
1 large head of cabbage
1 pkg. of Lipton Onion Soup Mix
salt, pepper, curry, parsley, etc.
if desired, or 6 bouillon cubes

Cut vegetables in small to medium pieces and cover with water. Boil for ten minutes. Reduce to simmer and continue cooking until vegetables are tender.

This can be eaten anytime you are hungry. Eat as much as you want, whenever you want, at any time of the day. This soup will not add calories; the more you eat, the more you lose. If eaten alone for indefinite periods, you would suffer malnutrition. Fill a thermos in the morning if you will be away during the day.

Day One All fruits except bananas. Your first day will consist of all the fruits you want, except bananas. Cantaloupes and watermelons are lower in calories than most fruits. Eat only your soup and fruits. For drinks—unsweetened tea, cranberry juice, or water.

Day Two All vegetables. Eat until you are full with all the fresh, raw, or cooked vegetables of your choice. Try to eat green, leafy vegetables and stay away from dry beans, peas, and corn.

Eat all the vegetables you want along with your soup. At dinner time reward yourself with a big baked potato and butter. Eat all the soup you want, but don't eat any fruits.

Day Three Mix day one and day two. Eat all the soup, fruit, and vegetables you want. You CAN'T have a baked potato.

Day Four Bananas and skimmed milk. Eat as many as 8 bananas and drink as many glasses of skimmed milk as you can along with your soup. Bananas are high in calories; so is the milk. But, on this particular day, your body will need the

potassium, carbohydrates, proteins, and calcium to lessen your craving for sweets.

Day Five Meat and tomatoes (or salad). You may have 10-20 ounces of baked or broiled meat. Try to drink as many as 6-8 glasses of water to wash away the uric acid in your body. Eat your soup at least once.

Day Six Beef and vegetables. No potatoes, please, and only baked or broiled beef along with your soup.

**Special diet offers
opportunity for
cleansing and weight
loss of 10-17 pounds
in 7 days.**

Day Seven Brown rice, unsweetened fruit juices and vegetables. Again, stuff, stuff, stuff yourself. Be sure to eat soup at least once today. If you have not cheated on the diet, you will find that you have lost pounds. If you have lost more than 15 pounds, stay off the diet for two days before resuming.

This seven day eating plan can be used as often as you like. As a matter of fact, if correctly followed, it will clean your system of impurities and give you a feeling of well-being as never before. After only a few

days of this process, you will begin to feel lighter and have an abundance of energy. Continue this plan as long as you wish and feel the difference.

This diet is a fast, fat-burning diet. You will burn more calories than you take in. It will flush your system of impurities and give you a feeling of well-being.

After day three you will have more energy than when you began—if you do not cheat. After being on the diet for several days, you will find your bowel movement has changed; eat a cup of bran and fiber. Although you can have black coffee with this diet, you may find you don't need the caffeine after the third day.

Definite no-nos. No bread. No alcoholic beverages. No carbonated beverages. Drink water, unsweetened tea, black coffee, unsweetened fruit juices, or cranberry juice.

Any prescribed medication will not hurt you on this diet. Continue this plan as long as you wish and feel the difference in both mental and physical disposition. If you prefer, you can substitute broiled fish for the beef on only one of the beef days. You need the high protein from the beef on at least one day.

***From Sacred Heart Memorial Hospital, New Jersey.
Used for overweight heart patients who need to lose
weight rapidly, usually before surgery.**