

Fasting Guide

WHAT IS FASTING?

Fasting is **the voluntary denial of a normal function for the sake of intense spiritual activity**. It is not just abstaining from food but feasting on God and His Word. Jesus told His disciples that He had food they did not know about (John 4:32, 34). When we fast, we **live dependent** on God's Word, acknowledging that "man shall not live by bread alone, but by every word that comes from the mouth of God" (Matthew 4:4).

Why Fast?

Jesus said "**when** you fast" (Matthew 6:16-18)—not if you fast. He taught on fasting alongside giving and prayer, indicating these are essential practices for His followers.

Good motives for fasting:

- Obedience to God's Word (**because God's Word is our foundation**)
- Drawing closer to God
- Controlling your flesh and denying self
- Expressing dependence on God (**living dependent**)
- Earnestly seeking God's will

Fasting doesn't get God to bend to our will—it allows us to submit to His.

Practical Considerations

Medical Disclaimer: If you have never fasted before, please consult your physician. If you are pregnant or have diabetes, heart problems, or other health conditions, you should not fast from food. You can fast from other things: certain types of food, media, social media, etc.

What to Drink When Fasting:

- Water throughout the day (stay hydrated!)
- Fruit juice if desired (grape, peach, pineapple—avoid high-acid juices like orange and tomato)

Physical Effects to Expect:

- You may feel weak or dizzy—slow down and avoid sudden movements
- Take time to rest—you won't have as much stamina as usual
- Do not chew gum (it signals your stomach to prepare for food)

Breaking Your Fast:

- Start with lighter foods (fruits, vegetables, easy-to-digest items)
- Avoid heavy meals immediately after fasting

Alternatives to Food Fasting:

If you cannot fast from food, consider fasting from:

- Social media apps
 - Streaming services (Netflix, Hulu, etc.)
 - Phone scrolling during breaks
 - Other media or entertainment
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