

30 DAYS OF FASTING IN A 49-DAY PERIOD LEADING UP TO A 3-DAY FAST.

This is a 30-day fast in a 49-day timeline.

This schedule is designed to prepare our hearts for going entire days and, ultimately, three days without food. Remember, the most important part of the fast is seeking the Lord *always*, but especially during your normal mealtimes. For added support, sign up for our Fasting Group on our Church app to receive mutual encouragement each day. Consider having an 8 PM cutoff time for dinner.

Spiritual and Physical Considerations:

All fasting must be Spirit-led. Only those who are led by the Lord should partake. Feel 100% free to modify in any way. Some people cannot fast an entire day; maybe they can fast only one meal. Others might fast from their phones, social media, or television. Ask the Lord for the Divine Details. A great companion book is *“God’s Chosen Fast,”* by Arthur Wallis. If you have any medical conditions, please consult your physician prior to fasting.

How long does it take to eat “normal” after a 3-day fast?

Returning to a standard diet after a multi-day period of restricted intake requires a gradual approach to avoid digestive distress and metabolic complications. The duration of this transition period typically depends on the restriction's length, but for a 72-hour restriction, a 24- to 36-hour transition is often recommended to allow the digestive system to adjust.

General Guidelines for Nutritional Reintroduction:

- **Initial Phase (0–12 Hours):** Focus on hydration and easily digestible liquids. Small portions of warm broth or simple vegetable soups can help gently stimulate digestive enzymes. It is generally advisable to wait 30 to 60 minutes after the first small intake to monitor for any adverse reactions, such as cramping or bloating.
- **Intermediate Phase (12–24 Hours):** Small, frequent meals consisting of soft solids may be introduced. This often includes simple proteins such as eggs or fish and easily digestible carbohydrates such as white rice or well-cooked vegetables. Highly processed, fried, or sugary foods should be avoided during this window.
- **Final Phase (24–36 Hours):** If the body is responding well, a return to balanced meals containing protein, complex carbohydrates, and fats can occur. Higher-fiber foods like raw vegetables, nuts, and beans should be reintroduced slowly toward the end of this phase.

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September 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
6 Be careful how you break longer fasts!	7 Labor Day	8 Fast 1 meal	9 Fast 2 meals	10	11	12 Fast all day and night
13	14	15 Fast 1 meal	16 Fast 2 meals	17	18 Fast dinner	19 Fast all day and night
20	21	22 Fast 1 meal	23 Fast 2 meals	24	25 Fast lunch & dinner	26 Fast all day and night
27	28	29 Fast 1 meal	30 Fast 2 meals			

October 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2 Fast all day and night	3 Fast all day and night
4	5 Fast 1 meal	6 Fast 2 meals	7	8 Fast dinner	9 Fast all day and night	10 Fast all day and night
11	12 Fast 1 meal	13 Fast 2 meals	14	15 Fast lunch & dinner	16 Fast all day and night	17 Fast all day and night
18	19 Fast 1 meal	20 Fast 2 meals	21	22 Fast all day and night	23 Fast all day and night	24 Fast all day and night

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September 2026 (Modify as God leads – write your own 30-day fast in a 7-week period)

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
6 Be careful how you break longer fasts!	7 Labor Day	8 Fast 3 days this week.	9	10	11	12
13	14	15 Fast 3 days this week.	16	17	18	19
20	21	22 Fast 3 days this week.	23	24	25	26
27	28	29 Fast 3 days this week.	30			

October 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5 Fast 3 days this week.	6	7	8	9	10
11	12 Fast 3 days this week.	13	14	15	16	17
18	19 Fast 3 days this week.	20	21	22	23	24 Last day of fasting.