



# Fasting

## Starting Practice

Fasting is abstaining from food for a predetermined period of time for the purpose of offering our whole self to God. When we fast, we invite the Holy Spirit to bring to the surface the false narratives and lies we have been living. Amidst a world of noise, competing narratives, and addictions, we learn, through fasting, to renew our minds by taking our thoughts captive and relinquishing them for God's purposes.

### **Pre-Fast**

Identify, in advance, a day of the week where you will fast for 12 hours. If you are in a community group, consider choosing a day (perhaps the day you regularly meet) that you will all fast together. Consider how you may need to adjust your schedule on that particular day (ex. lunch meetings, workouts, plans with family and friends, etc.). Avoid overfilling your schedule, allowing for more space to simply commune with God. As you begin planning for your fast, spend some time in prayer. Ask God how He might be inviting and leading you to fast (when, how long, etc.). Invite the Holy Spirit to guide you throughout your day as you fast.

### **Fast**

Fast for 12 hours. This may look like beginning your fast at 6 am, perhaps after eating a light breakfast, and breaking your fast at 6 pm. In the time you'd normally be grocery shopping, cooking, eating, or cleaning, give yourself to prayer. When you experience hunger pangs, take a moment to pray and reflect on God's character and care, as a way of directing and redirecting your mind toward God (ex. Lord, You are enough for me). You may find it helpful to choose one scripture verse, or perhaps a characteristic of God, to meditate on throughout the day. As you go about your day — your morning commute, caregiving, email, errands — simply enjoy God's company and offer yourself to him all through the day.

### **Post-Fast**

Break your fast with a small meal. The longer you fast, the more gently you will need to break the fast. Take a moment, at the end of the 12 hours to reflect on your fast with the Lord. Consider journaling about the following prompts: What was this experience like? Where did you feel resistance? How did God meet you in your fast?

### **Practical Tips for Fasting:**

- Be sure to consult with a doctor before fasting if you have an eating disorder, are pregnant, have a medical condition, or are under 18.
- Start where you are, not where you think you should be. Feel free to modify this as needed (ex. fasting from one meal, doing a juice/liquid fast).
- Stay hydrated during your fast. Be sure to drink plenty of water throughout the day.



# Fasting

## Stretch Practice

Fasting is abstaining from food for a predetermined period of time for the purpose of offering our whole self to God. When we fast, we invite the Holy Spirit to bring to the surface the false narratives and lies we have been living. Amidst a world of noise, competing narratives, and addictions, we learn, through fasting, to renew our minds by taking our thoughts captive and relinquishing them for God's purposes.

### **Pre-Fast**

Identify, in advance, a day of the week where you will fast for 24 hours. If you are in a community group, consider choosing a day (perhaps the day you regularly meet) that you will all fast together. Consider how you may need to adjust your schedule on that particular day (ex. lunch meetings, workouts, plans with family and friends, etc.). Avoid overfilling your schedule, allowing for more space to simply commune with God. As you begin planning for your fast, spend some time in prayer. Ask God how He might be inviting and leading you to fast (when, how long, etc.). Invite the Holy Spirit to guide you throughout the day as you fast.

### **Fast**

Fast for 24 hours. This may look like beginning your fast after dinner at 6pm and breaking your fast at 6pm the next day. It's best to avoid high fats and sugars and eat more raw vegetables and fruits before you begin your fast. In the time you'd normally be grocery shopping, cooking, eating, or cleaning, give yourself to prayer. When you experience hunger pangs, take a moment to pray and reflect on God's character and care, as a way of directing and redirecting your mind toward God (ex. Lord, You are enough for me). You may find it helpful to choose one scripture verse, or perhaps a characteristic of God, to meditate on throughout the day. As you go about your day — your morning commute, caregiving, email, errands — simply enjoy God's company and offer yourself to him all through the day.

### **Post-Fast**

Break your fast gradually with a small meal, perhaps beginning with juice or broth and a small snack. Take a moment, at the end of the 24 hours, to reflect on your fast with the Lord. Consider journaling about the following prompts: What was this experience like? Where did you feel resistance? How did God meet you in your fast?

### **Practical Tips for Fasting:**

- Be sure to consult with a doctor before fasting if you have an eating disorder, are pregnant, have a medical condition, or are under 18.
- Be sure to stay well hydrated throughout the day. Drink plenty of water and, as desired, liquids (ex. natural juices, herbal teas, broth).
- Limit activity, exercise moderately (ex. going for a walk), and rest as needed.