

THE GOAL OF FASTING IS TO DRAW CLOSER TO GOD.

Biblical fasting is when distractions are eliminated for a spiritual purpose. It hits the reset button of our souls and renews us from the inside out. It also enables us to celebrate the goodness and mercy of God along with, preparing our hearts for all the good things God desires to bring into our lives. Remember, your personal fast should present a level of challenge. However, it is very important to know your body, your options, and most importantly to seek God in prayer and follow what the Holy Spirit leads you to do.

FAST - FOCUS

Fasting is a spiritual discipline designed to better connect us with God. It's all about aligning ourselves with God and what He really wants to do. As a church, we are fasting together in order to deepen our relationships with God, as well as align ourselves with His plan and purpose for us during this upcoming year.

Over the next 21 days, we will alter our regular food intake to focus on discipline that help us connect better with God—reading the Bible, praying, and journaling. The overall goal is to experience a genuine hunger for spending time with God.

Remember, the idea is to be realistic, not legalistic. Concentrate more on the details of connecting with God than the details of the menu, and you will discover the blessings of fasting.

FAST - FRAMEWORK

Day 1 - Start the fast at sundown (dinner meal), continue for the next 21 days. If you are committing to the Daniel Fast, begin eating meals with pure foods of fruits and vegetables. Exclude meats, dairy, sugars, and processed foods from your diet. Break your fast at sundown (dinner meal) on day 21.

FAST - FOODS

The Daniel Fast is a partial fast, which means that we will eliminate some common things from our daily diet. We will focus on eating fruits and vegetables that are pure and simple. We have included a list of foods to eat and foods to avoid.

If you have health conditions¹ that prohibits you from being a part of the Daniel Fast, there are other options. Choose something from your daily routine (i.e. specific foods or beverages, television, social media, etc.) and fast in that manner for the next 21 days. Remember, the details are not as important as the spirit in which you participate.

¹If you have any known medical conditions or suspect such conditions, consult your doctor before beginning the fast.

FAST - FORWARD

Over the next 21 days you will undoubtedly discover some amazing benefits of fasting. As you listen to everything God is telling you, we encourage you to write down your prayers and experiences. Praise God for your renewed relationship with Him and for the works He is doing in your life. We look forward to experiencing the power of a refreshed perspective for the things He has in store for your life!

TYPES OF FASTS

Complete Fast: This fast calls for drinking 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, which omits meat, sweets, and bread. This fast allows water, juice, fruits, and vegetables.

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 common for those who do not have much experience fasting food, who have health issues that prevent them from fasting food, or who wish to refocus certain areas of their life that are out of balance. For instance, someone might select to abstain from using social media or watching television for the duration of the fast, and then choose to carefully bring that element back into their life in an orderly fashion at the conclusion of the fast.

SPIRITUAL FAST READING PLAN

Day 1	Numbers 13:20-33	Day 14	Eph 2:19-22, Romans 8:12-16
Day 2	Ephesians 1:4-10	Day 15	Psalms 100
Day 3	1 Thessalonians 5	Day 16	Ephesians 3:14-20
Day 4	Luke 3:8-11	Day 17	John 14:1-17
Day 5	Joshua 14:6-12	Day 18	Joel 2:28-32
Day 6	2 Cor 3:17-18, John 10:10	Day 19	Matthew 7:6-11
Day 7	Eph 1:13-14, 2 Cor 1:21-22	Day 20	Jonah 3
Day 8	Luke 18:1-8	Day 21	Mark 6:1-13
Day 9	Deut. 31:7-8, James 4:7-8	Day 22	Matthew 19:16-30
Day 10	James 5:16-18, Habakkuk 3:2	Day 23	Psalms 77:1-14
Day 11	Acts 2:1-11	Day 24	Luke 4:1-14
Day 12	Ephesians 4:1-14	Day 25	Daniel 10:1-12
Day 13	1 Corinthians 12:1-12	Day 26	Luke 10:1-20

For information on journaling through God's word visit xroads.church/fast

