



FASTING

for **SPIRITUAL WHOLENESS**



*By fasting, the body learns to obey the soul;
by praying the soul learns to command the body*

PRAYER

FASTING

THE BENEFITS OF THE FAST

- To receive the grace and power of God.
James 4:10, Psalm 25:13, Philippians 2:8
- To overcome the temptations that limit us.
Luke 4:1-2, Matthew 9:15-17
- To be purified from sin.
I Samuel 7:6, Daniel 9:3, Nehemiah 9:1-2
- To become weak so God's power can be STRONG.
II Corinthians 12:9-10
- To obtain God's strength to accomplish His will.
Acts 13:3; 14:23
- For God's help in a difficult situation.
Esther 4:16, Matthew 17:21
- For help in knowing God's direction. *Ezra 8:21-22*
- To provide understanding in Bible study or seeking divine revelation. *Daniel 1:8-17*
- It makes you more sensitive to God's Spirit. *Ezra 8:21*
- Increase in Faith *Mark 9:28-29*

*For some info videos on fasting go to Jentzen Franklins website.
<https://jentezenfranklin.org/fasting>*

FASTING TIPS

1. Clear as much off of your calendar as possible
(*Replace meal times with times of prayer*)
2. Meditate on the scriptures concerning fasting and prayer.
3. Resist and guard against the Devil's attempt to distract, discourage or take you away from this fasting time.
4. Pray for specific breakthroughs in your personal life.
(*Healing, Strongholds broken, Miracles, Spiritual breakthroughs*)
5. Pray for the prophetic insight for you personally, Hope Alive and our city.
6. Anticipate, expect and believe for great things as we cry out to God for fresh fire in your heart and spirit during this time.

TYPES OF FASTING

1. **Full Fast** - Drink only water for the 3 days.
2. **Daniel Fast** - Eat no meat, no sweets and no bread. Drink water and juice. Eat fruits and vegetables. You can Google "Daniel Fast"
3. **Partial Fast** - Eating one or two light meals for medical purposes. Always check with your physician if you have concerns.
4. **Children Fast** - We recommend involving your children in the fast. Age appropriate fasting might be no sweets, TV, Video games, etc..
5. **Fasting together** - Fasting is both personal and for the whole church. *1 Samuel 7:5-6, Ezra 8:21-23, Nehemiah 9:1-3, Joel 2:15-16, Jonah 3:5-10, Acts 27:33-37.*

**Note: Remember that it is the attitude of a heart sincerely seeking Him to which God responds with His blessing
(Isaiah 58, Jeremiah 14:12, 1 Corinthians 8:8).*

May God greatly bless you as you fast!

PRACTICAL SUGGESTIONS

1. If you are an expectant mother, or you are aware that you have any condition such as diabetes, hypoglycemia, or anything that would be affected by a change in your eating habits, **contact your physicians before attempting a fast of any nature.**
2. It is suggested that young children not be subjected to a fast that dramatically reduces or changes their normal eating habits; although it is good to get them involved in some kind of fasting (i.e. no sweets or TV. miss one meal)
3. Do not indulge yourself in large amounts of food just prior to a fast. It is best to eat light meals the day before the fast. Some even suggest eating only fruit the day before because it is less stressful on the digestive system than other food residues.
4. It is preferable to stop drinking beverages high in caffeine and sugar content two or three days before the fast begins. This will lessen the possibility of headaches during the fast.
5. It is commonly accepted that in normal cases the human body can function without food for several days and even weeks. However, it must be trained to do so in much the same manner as a long-distance runner trains to run for long periods of time. If you are not accustomed to fasting, it is best to begin by fasting part of a day or for a short time. **A gradual increase in duration will prevent your fasting from being counterproductive.**
6. Do not pace yourself by the apparent progress or success of others. Fasting is primarily a personal experience and should not induce feelings of guilt or inferiority.

****Note: There are several types of fasts in the scriptures.***

If you have any questions about fasting please do not hesitate to ask.