

## 21 DAY FAST INFORMATION SHEET

According to the Bible, there are three duties of every Christian: give, pray and fast. Biblical fasting takes a lot of discipline and strength; strength which you can only receive from God. Your private discipline will bring you rewards in Heaven, says Matthew 6. When you give God your first through fasting, prayer, and giving at the beginning of the year, you set the course for the entire year.

### TYPES OF FAST

There are several types of fasts. The one you choose is between you and God. He will honor your best sacrifice.

- **Full Fast** - Drink only liquids (you establish the number of days).
- **The Daniel Fast** - Eat no meat, no sweets and no bread. Drink water and juice. Eat fruits and vegetables.
- **3-Day Fast** - This fast can be a Full Fast, Daniel Fast or give up at least one item of food.
- **Partial Fast** - A partial fast is from 6:00 am to 3:00 pm or from sun up to sundown. You can select from three types of fasting — a Full Fast, Daniel Fast or limit yourself to one meal.

*Note: Whenever engaging in any type of extensive fast, you should seek counsel from a medical professional, especially if you suffer from type of illness.*

### WHAT IS A DANIEL FAST?

The Daniel Fast is based on the prophet Daniel's spiritual and dietary experiences in the Bible. Two references lay the foundation for the diet:

“Please test your servants for ten days and let them give us vegetables [pulses] to eat and water to drink.” **Daniel 1:12**

“In those days I, Daniel, was mourning three full weeks (21 Days). I ate no pleasant food, no meat or wine came into my mouth, nor did I anoint myself at all, till three whole weeks were fulfilled.” **Daniel 10:12-13**

Daniel himself experienced a renewed sense of vigor and strength after following a plant-based diet for three weeks, and a modern diet plan was created based on achieving his results of greater spiritual, mental, and physical health.

While only vegetables and water are listed in the scripture, the word “pulse” in the King James Bible is defined as “bean or seed grown for food.” allowing for fruits, whole grains, and other plant-based foods to be included in the diet plan.

### BIBLICAL FASTING FOCUS

We want to encourage you to target your prayers during the fast. Two specific areas we will be focusing on together are leadership and finances. The Bible instructs us to continually pray for our leaders (**1 Timothy 2:1-2**). When we lift up our leaders, here in the

United States and around the world, we can expect God's peace in our lives and in our nation.

Another great promise, from the book of Isaiah, proclaims that the chosen fast should serve to "undo the heavy burdens and let the oppressed go free." We are living in tough economic times and we know that so many people are under a financial burden. As we come together to fast and pray, we believe that your burdens will be lifted and that financial blessings will be released into your life!

We encourage you to seek the Lord in prayer and let your decisions about your biblical fasting come from Him. Ask the Lord to show you areas to target during your time of fasting and prayer. We believe that, as we pray and seek God and give Him our best at the first of the year, He will bless our ENTIRE year (**Matthew 6:33**)!

## **FASTING TIPS**

**How to Begin** - Start with a clear goal. Be specific. Why are you fasting? Do you need direction, healing, restoration of marriage or family issues? Are you facing financial difficulties? Ask the Holy Spirit for guidance. Pray daily and read the Bible.

**Preparing Spiritually** - Confess your sins to God. Ask the Holy Spirit to reveal areas of weakness. Forgive all who have offended you and ask forgiveness from those you may have offended (Mark 11:25; Luke 11:4; 17:3-4). Surrender your life fully to Jesus Christ and reject the worldly desires that try to hinder you (**Romans 12:1-2**).

**Deciding What to Fast** - The type of fasting you choose is up to you. You could go on a full fast in which you only drink liquids, or you may desire to fast like Daniel, who abstained from sweets and meats, and the only liquid he drank was water. Remember to replace that time with prayer and Bible study.

**Deciding How Long** - You may fast as long as the Spirit leads you. Most can easily fast from one to three days, but you may feel the grace to go longer, even as much as 21 to 40 days. Use wisdom and pray for guidance. Beginners are advised to start slow.

**What to Expect** - When you fast your body detoxifies, eliminating toxins from your system. This can cause mild discomfort such as headaches and irritability during withdrawal from caffeine and sugars. And naturally, you will have hunger pains. Limit your activity and exercise moderately. Take time to rest. Fasting brings about miraculous results. You are following Jesus' example when you fast. Spend time listening to praise and worship. Pray as often as you can throughout the day. Get away from the normal distractions as much as possible and keep your heart and mind set on seeking God's face.

**How to End** - Don't overeat when the time comes to end your fast. Begin eating solid food gradually; eat small portions or snacks.