



Preparation for Fasting /Quick Tips Outline

PRAY FIRST! Ask the Lord to show you how to fast and when you are to fast. Individuals who plan to participate in this 21 Days of Prayer & Fasting are advised to seek the consultation and advice of their physician, prior to initiation.

Eating Principles - SUGGESTIONS

We suggest that you drink at least one gallon of water daily. While fasting, the body has more waste to get rid of. This is why it is important to consume more water each day. When the body is thirsty, water should be taken immediately. For better tasting water, squeeze fresh lemon juice into your water. Drinking cranberry juice will help to flush the kidneys. Sodas and sugary drinks should be avoided. Abstain from fatty foods, caffeine, and sugar. Resist eating fried foods, fast foods, and lessen salt intake.

For More Information on the Daniel Fast go to:

<http://danielfast.wordpress.com/daniel-fast-food-list/> or

<http://www.daniel-fast.com/>

OTHER GUIDELINES

If you are not studying your Bible and praying DAILY during these 21 Days, then you are just dieting.

Increase Prayer Time: Begin each day in prayer and devotion. This may include prayer, studying Bible passages, meditating on the Word, and/or being still before the Lord.

Increase Your Ability to Hear the Lord

Be selective in how you spend your time. Limit, avoid, or even exclude secular TV, radio, and magazines. Limit or avoid excessive social telephone calls and excessive use of social technology. Spend some time outside. Walking under the open sky is an excellent way to connect with and hear God.

Families with Children: Generate family unity. Parents sit down with your children and have them lead devotion. If you child desires to participate by fasting, help your children choose to avoid fast foods, video games, or other types of foods or activities that they find gratifying. This should be of their own free will.

The 3 Main Types of Fasting in Scripture:

The Partial Fast

This fast is typically known as “The Daniel Fast” – (Daniel 10:3). This type of fast is not a total abstinence from food, but rather a restriction in the types of food eaten. For example, in this fast, one might refrain from eating meats and delicacies, but eat fruits and vegetables. The partial fast can also be accomplished by refraining from eating any food during specific hours. For example, one might eat nothing from 6:00 p.m. to 6:00 a.m., but eat one meal 6:00 a.m. to 6:00 p.m.

The Normal (Absolute) Fast

This is a total liquid fast, which includes complete abstinence from food for a designated period. (Matt. 2)

The Total Fast / Supernatural Absolute

Total abstinence from both food and liquids for a period of time.

Breaking the Partial or Normal Fast

So many individuals complete the fast successfully and then do damage to their physical temples by breaking the fast incorrectly. In breaking the fast, please do not eagerly seek to eat every type of food that was sacrificed during the fast immediately at the end of the fast. Because your body has been through a transition, it is important to slowly break the body in.

To break the Partial or Daniel Fast

Slowly increase the intake of foods. Continue to drink plenty of liquids; water is highly recommended. It is suggested that after you feel your body has adjusted, begin to eat small quantities of a healthy diet.

To break the Normal Fast, it is suggested that the individual begin with soft foods that are not heavy, such as Jell-O, applesauce, etc. Do this for a day or two. Continue to drink plenty of liquids; water is highly recommended.



KAIROS

The Daniel Fast

The Daniel Fast is based upon the prophet Daniel's experiences as recorded in the Bible.

Scripture gives us some insight (such as in Dan. 10:3) into what he ate and didn't eat; however, we don't know his complete menu. What we do know is this: In Daniel 1, Daniel chose not to eat the royal food that he was being served and ate only vegetables and drank water. Another time (in Daniel 10:2-3) he deprived himself of choice food, meat, and wine as he sought the Lord in prayer. Most commentaries believe "choice food" would have been bread and sweets.

This is why, I believe, you will find some variation in the specific guidelines for the modern-day Daniel Fast, as far as what foods are included and which ones are restricted.

The food guidelines are the ones most commonly observed in a Daniel Fast.

The intention of today's Daniel Fast is not to duplicate exactly what Daniel did but the spirit in which he did it. Daniel's passion for the Lord caused him to hunger and thirst more for spiritual food than for physical food, which should be the desire of anyone choosing to participate in this type of fast.

Try not to get too hung up on what you should and shouldn't eat.

The most important part of the Daniel Fast is that you deny yourself physically so that you may seek the Lord in prayer and grow closer to Him.

Your fast may look a little different than someone else's, and that's fine. Some people may need to be stricter than others in their food choices so that their fast is a sacrifice for them. **These food guidelines are meant to be just that – a guide. They are given to help you create boundaries for your fast.**

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The Daniel Fast Food List

- **All fruit** – fresh, frozen, dried, juiced, or canned.
- **All vegetables** – fresh, frozen, dried, juiced, or canned.
- **All whole grains** – amaranth, barley, brown rice, oats, quinoa, millet, and whole wheat.
- **All nuts & seeds** – almonds, cashews, macadamia nuts, peanuts, pecans, pine nuts, walnuts, pumpkin seeds, sesame seeds, and sunflower seeds; unsweetened almond milk. Nut butters are also included.
- **All legumes** – canned or dried; black beans, black eyed peas, cannellini beans, garbanzo beans (chickpeas), great northern beans, kidney beans, lentils, pinto beans, and split peas.
- **All quality oils** – avocado, coconut, grapeseed, olive, peanut, sesame, and walnut.
- **Beverages**– distilled water, filtered water, and spring water.

Other – unsweetened almond milk, coconut milk, rice milk, or soy milk; herbs, spices, salt, pepper, unsweetened coconut flakes, seasonings, Bragg's Liquid Aminos, soy products, and tofu.

Foods to Avoid on the Daniel Fast

- **All meat & animal products** – bacon, beef, buffalo, eggs, fish, lamb, poultry, and pork.
- **All dairy products** – butter, cheese, cream, milk, and yogurt.
- **All sweeteners** – agave nectar, artificial sweeteners, brown rice syrup, cane juice, honey, molasses, raw sugar, syrups, stevia, and sugar.
- **All leavened bread & yeast** – baked goods and Ezekiel bread (if it contains yeast and honey).
- **All refined & processed food products** – artificial flavorings, chemicals, food additives, preservatives, white flour, and white rice.
- **All deep-fried foods** – corn chips, French fries, and potato chips.
- **All solid fats** – lard, margarine, and shortening.

Beverages – alcohol, carbonated drinks, coffee, energy drinks, herbal tea

~ *The Ultimate Daniel Fast* by Kristen Feola

<https://ultimatedanielfast.com/ultimate-daniel-fast-food-guidelines/>

MORE DETAILS & THINGS TO CONSIDER

As you begin your fast, you may hear from concerned loved ones and friends who urge you to protect your health. And they are right – you should protect your health. But I assure you, if done properly, fasting will not only prove to be a spiritual blessing but a physical blessing as well. By all means, consult your doctor before you begin your fast. But be aware that many doctors have not been trained in this area and so their understanding may be limited. Even so, it would be wise to ask your doctor for a physical exam to make sure you are in good health. You may have a physical problem that would make fasting unwise or dangerous. Also, if you are taking any type of medication, make sure to talk to your doctor before changing your regimen. Prudence and caution are in order.

When you are assured that you are in good health, you are ready to begin your fast. In spite of the safety and benefits of fasting, there are certain persons who should NEVER fast without professional supervision. For example:

- Persons who are physically underweight or emaciated.
- Persons who are prone to anorexia, bulimia or other behavioral disorders.
- Those who suffer weakness or anemia.
- Persons who have tumors, bleeding ulcers, cancer, blood diseases or who have heart disease.
- Those who suffer chronic problems with kidneys, liver, lungs, heart or other vital organs.
- Individuals who take insulin for diabetes or suffer any other blood sugar problem such as hyperglycemia.
- Women who are pregnant or nursing.

How Long and What Type of Fast Is Right for You

If you have never fasted before, I am so glad that you are seeking to learn more about it. Though seemingly counter-cultural today, this discipline has been a major emphasis in the lives of many of the great spiritual leaders throughout history. Charles Harrison Mason, founder of the Churches of God in Christ fasted on Tuesdays & Fridays as well as John Wesley, the founder of the United Methodist denomination, who fasted every Wednesday and Friday and required all of their clergy to do the same. Effective ministers of God from the apostle Paul to Martin Luther to Billy Graham made it a continual part of their walks with God. And there are numerous Christian leaders today who relish and teach of a deepening hunger for God through fasting. Though convinced of its great value, none of these men had a formula for fasting that they considered to be the only “right” way. Fasting is about the condition of the heart, not the number of days. So, if you are new to fasting or haven't fasted in a while, start slowly. Fast for one meal a day, every other day. Build up your spiritual muscles so that you will be prepared as the Lord would lead you.

Types of Fasts Listed in the Bible:

A partial fast is described in the book of Daniel. Although the water fast seemed to be the custom of the prophet, there was a three-week period in which he only abstained from “delicacies,” meat and wine (Daniel 10:3).

The primary types mentioned in the Bible are the “absolute” (or Normal) and “supernatural absolute” (or Total) fasts. These are total fasts-no food (solid or liquid) and no water. Paul went on an absolute fast for three days following his encounter with Jesus on the road to Damascus (Acts 9:9). Moses and Elijah engaged in what must be considered a supernatural absolute fast of forty days (Deuteronomy 9:9; 1 Kings 19:8). I strongly advise you to drink plenty of liquids as you fast. Obviously, if God leads you to undertake an absolute fast, you should obey. If so, be certain, to the best of your ability, that you have prior experience with **fasting the way** God is leading you.

Water-only fasts that last for more than several days need to be undertaken with complete rest and under medical supervision because of the extreme danger of over-toxication, breakdown of vital body tissues and loss of electrolytes. I personally practice and recommend water and juice fasting, especially if you are going to fast for an extended period of time. This type of fast will provide you with more energy than absolute or water-only fasts and still lead you into the humbling experience of denying your desire for solid food that you can chew.

When it comes to making your final decision about what type of fast is right for you, the best advice I can give you is to follow the leading of the Holy Spirit. He will guide your heart and mind as to what is best for you. Remember, the most important consideration in fasting is your motive. Why are you fasting – to seek something personally, to agree with others privately or collectively, or to seek His face in worship, praise and thanksgiving?

Spiritual Preparation:

In preparation for this special time with God, I urge you to examine your heart through prayer, and ask the Holy Spirit to reveal anything that may be a hindrance i.e., spiritual indifference, unwillingness to share your faith in Christ with others, not spending sufficient time in God's Word and in prayer, a poor relationship with your spouse, your children, your friends, or others. Also ask the Lord for your personal prayer list or things He desires of you in this time. As an act of faith, trust God to empower you during the fast. Constant reliance on the Holy Spirit will enable you to resist temptation, not only to sin, but to abandon your fast.

Physical Preparation

Although fasting is primarily a spiritual discipline, it begins in the physical realm. You should not fast without specific physical preparation. If you plan on fasting for several days, you will find it helpful to begin by eating smaller meals before you abstain altogether. Resist the urge to have that "last big feast" before the fast. Cutting down on your meals a few days before you begin the fast will signal your mind, stomach and appetite that less food is acceptable. Some health professionals suggest eating only raw foods for two days before starting a fast. I also recommend weaning yourself off caffeine and sugar products to ease your initial hunger or discomfort at the early stages of your fast.

How to Manage Your Schedule While Fasting

How long you fast, the kind of fast you undertake and how you adjust your schedule depends mostly on the flexibility of your daily life. Whether you go to work in an office, are a student or a stay at home mom, there is a way to manage your fast. In fact, on the basis of my personal experience, I am confident there are thousands of men and women, of all ages and life stages, who have already completed both short and extended fasts, many up to 40-days. There are some whose work or lifestyle involve strenuous physical activity and still have enjoyed an extended fast. However, if this is your situation, you may want to consider a limited or partial fast. Remember, too, fasting during major holidays or anniversaries is not always a good idea. Families may be inconvenienced, and temptations to eat can be overwhelming. Consider these things as you are preparing for your fast.

There are a couple of reasons to consider adjusting your schedule, especially during an extended fast:

The first is physical. Throughout your fast, you may feel somewhat weaker than normal. During the first few days, you may feel tired and irritable. Lightening your workload and cutting down on strenuous exercise would be a very good idea to maintain your health and your morale.

The second reason is spiritual. Fasting is not just denying yourself food. It is exchanging the needs of the physical body for those of the spiritual. Long times of prayer and reading God's Word will be essential if you are to enter into a more intimate communion with God and maintain your fast to its completion. While fasting, if your life is continually filled with activity and busyness to the neglect of spending extended time with God, you will starve both physically and spiritually. You may find yourself discouraged and frustrated with your fast instead of being benefited and blessed. I don't want that to happen to you.

The more time you spend with God in fellowship and worship, and the more you read and meditate upon His Word, the greater your effectiveness will be in prayer. This kind of focused attention will make for a more meaningful fast. So, I encourage you to arrange your schedule accordingly!



September 30th - October 20th, 2018

How to Maintain Nutritional Balance and Health from Beginning to End

I know the prospect of going without food for an extended period of time may be of concern to some. But there are ways to ensure that your body is getting the nutrients it needs so you can remain safe and healthy during your fast.

- ◆ For an extended fast, I recommend water and fruit and vegetable juices. The natural sugars in juices provide energy, and the taste and strength are motivational to continue your fast. Try to drink fresh juices, if possible. Off-the-shelf juice products are acceptable, as long as they are 100% juice with no sugar or other additives.
- ◆ If you are beginning a juice fast, there are certain juices you may wish to avoid and certain ones that are especially beneficial. Because of their acid content, most nutritionists do not advise orange or tomato juice (these are better tolerated if mixed with equal portions of water). The best juices are fresh carrot, grape, celery, apple, cabbage or beet. They also recommend "green drinks" made from green leafy vegetables because they are excellent "detoxifiers."
- ◆ Fruit juices are "cleansers" and are best taken in the morning. Since vegetable juices are "restorers" and "builders," they are best taken in the afternoon. I suggest that you do not drink milk because it is a pure food and therefore a violation of the fast. Any products containing protein or fat, such as milk or soy-based drinks, should be avoided. These products will restart the digestion cycle, and you will again feel hunger pangs. Also, for health reasons, stay away from caffeinated beverages such as coffee, tea or cola. Caffeine is a stimulant and therefore has a more powerful effect on your nervous system when you abstain from food. This stimulant works both against the physical and spiritual aspects of the fast.
- ◆ Another key factor in maintaining optimum health during a fast is to limit your physical activity. Exercise only moderately, and rest as much as your schedule will permit (this especially applies to extended fasts). Short naps are helpful as well. Walking a mile or two each day at a moderate pace is acceptable for a person in good health and on a juice fast.

*Excerpts with permission: Personal Guide to Fasting by Dr. Bill Bright.
<https://www.cru.org/train-and-grow/spiritual-growth/fasting/personal-guide-to-fasting.10.html>*



Maximize This Time of Consecration

Things can be different, and you personally have a role to play with God in bringing about that change through prayer. It may sound too good to be true, but this is your invitation to engage in the kind of interaction that can move God's heart as well as the mountains before you. Remember we are not trying to get the victory, we operate from our place of victory. Prayer and fasting illuminates the success we already have in HIM.

Experiencing God's best from a fast requires solid commitment. Arranging special time each day with God is crucial in attaining intimate communion with the Father. You must devote yourself to seeking God's face, even (and especially) during those times in which you feel weak, vulnerable or irritable. Read His Word and pray during what were mealtimes. Meditate on Him

when you awake in the night. Sing praises to Him whenever you please. Focus on your Heavenly Father and make every act one of praise and worship. God will enable you to experience His command to "pray without ceasing" as you seek His presence. Do your best to make it to the worship celebrations (Sundays and Wednesdays) and times of prayer at church (Saturdays at 9am). Connect with a Prayer Team and take note of the collective Prayer Points.

More than once, I've received a question from someone who has "messed up" during our time of Corporate Prayer & Fasting. The question usually posed to me is, "Should I quit?" When you participate in the 21-day fast, you determine to seek the Lord through increased time in His Word and in prayer. You also deny yourself the food you desire and decide to adhere to a fairly stringent – although healthy – way of eating for three weeks.

Messing up in this consecration time could mean a variety of things. Maybe you caved and had a cup of coffee, stole a few French fries from your son's plate, or gave in to the temptation to eat ice cream. You may have not prayed as much or as long as you've planned. Whichever way you prematurely broke the fast, you may wonder if you should even continue at all. My advice to you is, "No, don't quit. Keep going!" Just because you fell off the wagon, so to speak, that doesn't mean you should lie on the ground and stay there. You get up, dust yourself off, and get back on that wagon right away.

Fasting in any form is challenging...hence a sacrifice.. If you decide to do the Daniel Fast or a Partial Fast, take note. Just because you're allowed to eat (as compared to a water fast when you're not) doesn't mean that your fast will be a breeze. Expect to be tempted. Expect to face challenging situations. And don't be surprised if your fast doesn't go exactly as you planned.

As you enter this time of heightened spiritual devotion, be aware that Satan will do everything he can to pull you away from your prayer and Bible reading and study time. When you feel the enemy trying to discourage you, remember why you are on this fast, and go to God in prayer and thank Him for strengthening your resolve in the face of difficulties and temptations.

The enemy makes you a target because he knows that fasting is a powerful Christian discipline and that God has something very special to show you as you wait upon Him and seek His face. Satan does not want you to grow in your faith; he will do anything from making you hungry and grumpy to bringing up trouble in your family or at work to stop you. Make prayer your protective shield against such attacks.

See the balance. My major reason for fasting is for personal revival, revival for our nation and the world and for the fulfillment of the Great Commission, in preparation for the Lord's return. But praying for our own needs and interceding for others are also important reasons to fast and pray. Bring your personal needs before the Lord, intercede for your loved ones and your friends. Pray also for your church, your pastor and your community. However, do not become so caught up in praying for yourself and others that you forget about simply reverencing and praising God. True spiritual fasting focuses on God. Center your total being on Him: your attitudes and actions, your motives, desires and words. This posture can only happen if He is the center of your attention.

A renewed closeness with God and a greater sensitivity to His Spirit are usually the results of a fast. This sensitivity is attached to His power and is needed now in these end times more than ever. In desperation for God, we cry out for the extraordinary work of the Holy Spirit in our day. Effective prayer is far more a partnership with God than it is begging him to do something. As we pray with Purpose, Passion & Precision, we know that we have at our disposal power that can transform the events and issues that matter most to us and to God.

Amen & Amen!

**Don't forget to sign up for the Prayer Team that most fits your passion for prayer in this season.*

Kairos Consecration...

In the same way the Spirit also helps our weaknesses: for we don't know how to pray as we should, but the Spirit Himself intercedes for us with groanings too deep for words... because He intercedes for the saints according to the will of God." (Roman 8:26, 27 NASV)

