



HOW TO FAST EFFECTIVELY

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*(Content adapted from
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FASTING 101

WHAT IS FASTING?

Fasting means putting away things you find pleasure in for the sake of God. It means pushing away things that are pleasant for you in order to seek God's face – for instance, love of tea, coffee, cake, chips, chocolate etc

WHAT DOES FASTING DO?

Fasting increases your control over your life. We are spirits enclosed in bodies, however most of the time, our bodies control our spirit. Fasting essentially puts the control back in our hands so that our bodies can become servants to the Lord.

Substituting Meals

- Each day many of us are likely to spend a lot of our time on meals – thinking about what we're going to eat, then shopping, then cooking, then serving it, eating and eventually cleaning up! It's possible to spend multiple hours of our day just on food!
- However, when you are on a fast, you are able to clear out that extra space so you can create time with God – and that is something that pleases God!
- Fasting can ideally save you so much time, you may not even know what to do with it! That is why our encouragement is that during the fast, all meal times should be spent in prayer.
- In essence, at meal times, don't stick around your office or class, vanish! Take a prayer walk, or sit somewhere outside and read your bible and pray. Every one of those days, spend extra time with the Lord. You could for example read 5 books of the bible in one week!
In the evening, cook and take care of your family if they are not fasting – sit on the table and bless them – and lead your devotions! Pray for your family.



DIFFERENT TYPES OF FASTS?

A number of fasts exist, these include:

- **PARTIAL FAST** - when you miss food for some part of the day
- **DAY FAST** - when you skip meals all through the day and have one meal at night
- **LIQUID FAST** - when you skip all meals and only partake of water and juices

LIQUID FAST

This is the fast we are encouraging our community to engage in.

A liquid fast means no solid food, when you are essentially denying yourself the greatest pleasure of life – eating food! In the scriptures, we see the likes of Moses, Daniel, Ezekiel and Jesus engaging in these types of fasts at different points.

Importance of Water

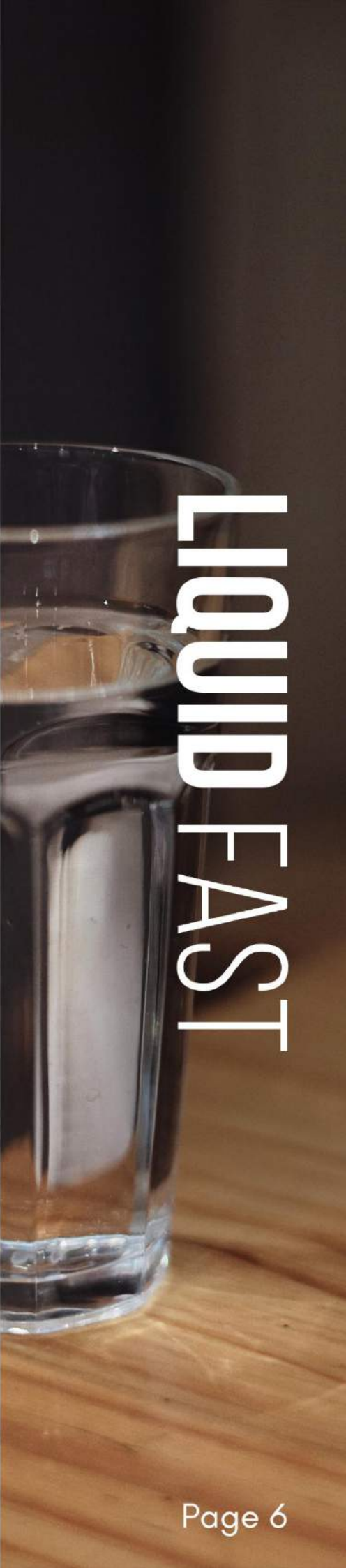
While fasting, drink a lot of room temperature water.

The average temperature in your body is 36 degrees – cold water could easily shock your system leading you to end up with gastric cramps. Even for juice – don't drink iced drinks, especially after the 3rd day of your fast. Hot drinks can also help.

Try and drink at least 8 glasses (2L) of room temp water a day; this will help your system clean itself up. For juices, stick to non-acidic juices such as apple, papaya, sugarcane, watermelon, grapefruit, or coconut. Herbal tea without caffeine with a little honey also works.

Remember, whenever gastric juices cause you irritation and acidity – drink water and flush them out!

LIQUID FAST

A tall, clear glass filled with water is positioned on a light-colored wooden surface. The glass is partially filled, and the water level is visible. The background is dark and out of focus.

PREPARING FOR YOUR FAST



Here are some simple tips to help you prepare for your fast.

1. Set an objective for your fast



Is there something you want to trust God for this season? Is it for spiritual renewal and growth? Is it for guidance? For healing? For the resolution of certain problems in your life and family? For special grace to handle a difficult situation?

Ask the Holy Spirit to clarify what He wants you to take away from this time. This will enable you to pray more specifically and strategically.



2. Commit to your fast

For Jesus, it was a matter of when, not if, his followers would fast. (Matthew 6:16-18; 9:14-15). Before you fast, decide on...

a. How long you will fast?

We are doing a 21-day community fast. If you are unable to commit to that long, I encourage you to at least go for 7 days or 14 days.

b. What type of fast?

We are encouraging a liquid fast for our community, but if you have a serious health condition, please consult with your doctor before you begin.

c. What physical or social activities you will restrict?

While you should be able to carry on with many of your normal activities, you could choose to restrict some in order to focus on prayer

d. How much time each day you will devote to prayer and God's Word?

The idea is to substitute your normal meal times with time in prayer. However, you could, for example, decide to do a one-hour prayer walk each lunch time to pray through the items on the prayer guide.

Making these commitments ahead of time, writing them down and even sharing with someone you trust will help you sustain your fast when physical temptations and life's pressures tempt you to abandon it.



3. Prepare Spiritually

Pray about your upcoming time of fasting. Ask God to give you an expectant heart and show you any areas of your life that need to be aligned to His will.

Pray for spiritual protection over yourself and your family as you fast. The enemy will often intensify the natural battle between body and spirit (Galatians 5:16-17).



4. Prepare Physically

Don't binge eat before the fast begins! Cut down on caffeine, high fat and sugary foods several days before the fast. Raw fruits and veggies are a great way to condition your body for the fast!



WHAT TO EXPECT AS YOU DO A LIQUID FAST



Day 1 - Starting Off

On the first day of a fast, the worst part of the experience is your mouth. You're basically resting your system. You should expect no problem with your stomach except at your regular meal times (food is habitual)!



Day 3 - Irritation

By day 3, expect gastric irritation – your tongue and rectum are the same organ (one big pipe) – when you eat food, your stomach produces gastric juice (acids) – enzymes which break down food to make it digestible. This produces gas.

When fasting, the gases are produced regularly at meal times, **EVEN IF YOU HAVEN'T EATEN!** Hormones in your brain signal the stomach to release acids to break down the expected food, but there is nothing! The acids work on the stomach lining and we feel pain and start looking for food.

What's important to note is that during a fast, those acids start to clean the food junk that is in our stomach (you have undigested junk going back years!) These acids will also, in the process, burn the nerves on the stomach lining, which causes pain. You need to know that this won't kill you! Drinking water will flush it out, and the acids in your stomach will come out in your urine. Remember, at least 8 glasses (2L) a day!



Day 4 - Withdrawal

At this point things start to get tough, and you'll think you're about to die! The gastric juices will be at the highest level as your brain insists to your stomach that there's got to be food there! What you are in effect experiencing are withdrawal symptoms.

Remember that during a fast, you are breaking a habit, and your body is screaming for food. You are not dying, and no demons bothering you! If you make it through the 4th and 5th day, your brain will finally get to the place where it understands there is no food.



Day 6 - Death

Worst day of all is day 6 – your temptation will go sky high!

You're almost out, but your body will really begin talking to you, even as people offer to take you for lunch. Day 6 is temptation day – the day of the flesh, and the most terrible day of the fast! That's the day to pray a lot and avoid tempters. If you can, get someone else to cook that day and avoid the kitchen altogether.



Day 7 - Perfection

By day 7 you have crossed over into deliverance! You'll look at food without interest – something you could not try on the sixth day!

On day 6-7, toxins start leaving through your skin, and you begin to have an interesting body odour. You may even feel nauseated and experience your head spinning. All the junk in your system will begin to come out through your mouth and your rectum. The scent you smell during a fast is the poisons in your system.

By day 6-7 your tongue will be bitter – again, because of the toxins. If you take a white towel and wipe your tongue, it will be dark brown! Don't take a mint, get some honey drops if you need to. Brush your teeth several times if you need to. You may not have gone to the bathroom a lot at the beginning – but the longer you fast, the more you begin to get rid of stuff that has been in your colon a long time.



Day 8 - Purification

You are just beginning to be purified. The first 7 days were about flushing, but from day 8 your body begins to experience healing. Your eyes turn white (no more red eyes as there are no more toxins in your blood). Your skin begins to change – pimples etc leave, and your skin is smooth, your hair turns black and oily. Your heart becomes more normal. Lungs become revitalized.

On days 9–10, if you take your urine and put it in a glass jar for a couple of days, you'll even find crystals forming – toxins and chemicals. From day 8–13, you are being purified. Not just your body but your mind and your emotions. You'll feel emotional peace. Your mind becomes sober – heightened in sensitivity – able to read, remember and comprehend easier. These are not just the spiritual benefits, but the cleansing of your temple.



Day 14 - Energy

By day 14, you are clean. There's nothing in your system to interfere with the work of the Spirit, and it's the time you begin to really enjoy prayer. You also begin to experience more energy – you can even run and will find you have more energy than you did even before the fast! Your body basically starts to give you energy!

Normally, your body puts you to sleep after a meal so it can focus on digesting. But during a fast, the stored-up fat starts to be reconverted to fuel for the body, and your strength surges! You actually begin to dislike food! From days 14–20, you'll experience both spiritual and physical energy!



Day 21 - The Zone

You've entered a zone. You can easily fast till day 40 after that! Your ability to hear God skyrockets. Your capacity for worship shoots up, as your spirit has no resistance from your body.

In essence, your energy goes down till day 8 then goes up till day 25. If you are doing a 40 day fast, you'll notice from day 26 that your energy will begin to fall again as the fat begins to be depleted. However, you still don't need food! God created your body to go without food for 40 days.

You can only fast 40 days. From Day 41, you will get into starvation mode where the body begins to consume itself – there's no more fat left around your organs so it consumes the muscles. Until day 40 though, you are not starving!

Prepare psychologically because Satan will play tricks with your mind! For the first 6 days, stay away from the kitchen!



HOW TO BREAK YOUR FAST

PLEASE TAKE GREAT CARE AS YOU DO THIS! Rushing back to your normal diet can be dangerous to both your life and your health.

WHAT TO EAT

Day 1

While continuing to drink fruit or vegetable juices, add a soup that has no meat (just veggies) and no bread or solids like potatoes – your system can't handle that just yet!



Day 3

Add a baked or boiled potato, no butter or seasoning. You can also add a few tablespoons of steamed vegetables.



Day 2

Add a raw salad to the above



Day 4+

Gradually return to regular eating with several small snacks during the first few days.



This is a great time to choose not return to unhealthy foods such as sugar, sodas, processed juices and so on. Your body is free from addictions and anything you reintroduce will be an actual choice by you!

FINALLY, REMEMBER...



1. Drink a lot of water (at least 2L daily at room temp)
2. Spend your freed-up meal times in prayer and reading God's word.
3. Go to work - you'll be even more productive! Exercise regularly (though modestly)
4. Look nice, dress up, clean up. Don't go around announcing to everyone! If anyone asks why aren't you eating? Then say, 'oh am not eating today'. That's it! Don't get into any arguments about it.

JOEL 2:12

"Even now," declares the LORD, "return to me with all your heart, with fasting and weeping and mourning."



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