FASTING FOR YOUR BREAKTHROUGH

A Quick Resource To Help You Get Started

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**WHAT IS FASTING?**

Biblical fasting is giving up specific foods and drink for a specified number of days. The type and length of the fast you choose is between you and God, and should not be determined by what anyone else is doing. Every year our entire congregation at Free Chapel, along with our ministry friends and partners around the world, participate in a 21-day fast at the beginning of the New Year. We want to give God our best and our first.

Fasting, prayer and reading God’s Word go hand in hand. When you fast, also pray for God’s purpose and plan for your life to be revealed. Fast and pray about every major decision in your life. Simply put, fasting is a way to conquer the physical and open the door to the supernatural in your life. When you deny your body, you feed your spirit and grow closer to the Lord.

**WHY FAST?**

In Matthew 6, Jesus gave us specific direction on how to live as a child of God. That pattern addressed three specific duties of a Christian: Giving, Praying and Fasting. Jesus said, “When you give,” “when you pray,” “when you fast.” He made it clear that fasting, like giving and praying, was a normal part of Christian life.

I believe that when all three disciplines—giving, praying and fasting—are at work in your life, you release the complete power of God. It’s much like the lesson Jesus taught in Mark 4:80. When you pray, you release the thirty-fold return. Praying and giving releases sixty-fold blessing. But when you pray, give and fast, you will see a hundred-fold return!

**HOW DO I FAST?**

Before beginning a fast, write down a plan and make a verbal commitment to the Lord. When you approach it with determination, you’ll be less likely to waiver in weak moments.

Source: “Fasting” by Jentezen Franklin
We, as a staff, are so excited that you’ve decided to join us in fasting as we welcome 2013. It is our prayer that God would do something truly deep and life altering in you and your family over the course of the 3 weeks and as you prepare for them. For those of you who are parents or guardians, we encourage you to take the time to really talk to your kids about what it is that the church is doing, as well as explaining and unpacking the ‘why’ of it all with them. Remember: there is no “JR” Holy Spirit. Be serious with your children as you discuss this fast – they might even surprise you. We’ve tried to break it down in the most kid-friendly way possible. Hopefully this information is helpful in your explanation and discussion!

WHAT IS FASTING?
Fasting is when you choose to give up something that you really want so that you can focus more clearly on God and prayer for a time. Normally, you pray with your spirit and soul (which is what makes up who you are inside), but fasting gets your body involved, too. It’s sort of like body prayer. When you fast, it’s like you are praying with your whole self.

HOW DO I INCLUDE MY KIDS?
- Spend time each day praying and reading scripture as a family. Really work on specific verses you would like for them to have “in their hearts,” and make it a point to encourage memorization.
- You can invite them to participate in the Daniel fast along with you.
- Ask your child(ren) to choose what they believe that they should give up. This is not just limited to food. They could choose to fast a certain toy/game, T.V. show, desert, etc. Really work with them, and help them pray through this decision.
- Provide them with something to fast. Have some sort of treat that they enjoy placed in plain sight and tell them that every time that they think about this particular treat, they are to pray, and that once the three weeks are up they may enjoy it as they please.
These are just a limited few suggestions, feel free to come up with something that fits YOUR family. The goal here is that your kids develop an understanding and appreciation for the discipline of fasting, and that as they grow it would be a consistent aspect of their spiritual life.

QUICK TIPS FOR FASTING

As you enter Fasting and Prayer, have anticipation of what God will do in our body, as well as you personally. We know God is setting our course as we seek Him first!

PREPARING SPIRITUALLY

Confess your sins to God. Ask 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).

PREPARING PHYSICALLY

If you have health concerns, consult your doctor prior to beginning a fast and explain what you plan to do. This is especially important if you take prescription medications or have a chronic ailment. Some people should never fast without professional supervision.

HOW TO BEGIN

Start with a clear goal. 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.

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 sent on seeking God’s face.

**HOW TO END**

Don’t overeat when the time comes to end your fast. Begin eating solid foods gradually and eat smaller portions or snacks.

**DANIEL FAST**

Eat no meat, no sweets, no bread and drink water and juice. Eat fruits and vegetables. Veggie burgers are an option as well if you are not allergic to soy. Some people drink protein drinks.

**SCRIPTURE REFERENCES FOR FASTING**


**RELATION TO PRAYER AND READING THE WORD**

1 Samuel 1:6-8, 17-18; Nehemiah 1:4; Daniel 9:3, 20; Joel 2:12; Luke 2:37; Acts 10:30; Acts 13:2; 1 Corinthians 7:5
CORPORATE FASTING: 1 Samuel 7:5-6; 2 Chronicles 20:34; Ezra 8:21-23; Nehemiah 9:1-3; Joel 2:15-16; Jonah 3:5-10; Acts 27:33-37
In those days I, Daniel, was mourning three full weeks. 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 10:2, 3

The Daniel Fast is a plant-based partial fast. It is based on the Prophet Daniel when he was under the rule of Babylonian kings for their personal service. Daniel recorded three occasions of fasting, though he likely fasted many more times since he was a man of God.

Daniel 10:2, 3 is where we find the model for the 21-day Daniel Fast. From this passage, guidelines have developed over the years, primarily by Christians who use this as a form of fasting. The Daniel Fast has grown in popularity over the last 3 or 4 years as it’s been championed by Pastor Jentezen Franklin of Gainesville, GA.

**No Pleasant Food:** This would include breads, sugars and sweet foods.

**No Meat:** All animal products are restricted on the Daniel Fast. That includes meat, poultry, fish, and dairy products (milk, eggs, cheese, butter, etc.)

**No Wine:** This restriction, coupled with previous fasts where Daniel drank only water (which is typical for biblical fasting), is where today’s Daniel Fast finds its roots for water only. Fruit and vegetable juices are acceptable.

**Spiritual Fasting:** The Daniel Fast is a restriction of food for spiritual purposes. So the fast addresses not only the body, but also one’s spirit and soul.

*The Daniel Fast is Always a Spiritual Fast*
21-DAY DANIEL FAST

“Filling those who hunger”

FOODS TO EAT ON THE DANIEL FAST

- **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. 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** - canola, coconut, grapeseed, olive, peanut, and sesame.
- **Beverages** - distilled water, filtered water, and spring water.
- **Other** - herbs, spices, salt, pepper, seasonings, soy products, and tofu.

FOODS TO AVOID ON THE DANIEL FAST

- **All meat & animal products** - beef, buffalo, fish, lamb, poultry, and pork.
- **All dairy products** - butter, cheese, cream, eggs, and milk.
- **All sweeteners** - agave nectar, artificial sweeteners, 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, and tea.
F.A.Q

1. WHY ISN'T YEAST ALLOWED ON THE DANIEL FAST?

In the Bible, yeast is often a symbol for sin, and God often required the Israelites to give up leavened bread (contains yeast) during certain times as a way of setting them apart from neighboring peoples. Therefore, by not having yeast, we are making a statement against sin and keeping with Jewish tradition by refusing to eat leavened bread as we seek the Lord.

2. WHAT ABOUT NUTRITIONAL YEAST SINCE IT'S DEACTIVATED AND NOT A LEAVENING AGENT?

Whether or not to use nutritional yeast, which is an inactive form of yeast, is really matter of personal conviction. Some people may choose to have it, while others do not. Personally, I don't use any type of yeast in my recipes.

3. CAN I HAVE WHOLE WHEAT BREAD?

Whole wheat products are allowed, including bread. HOWEVER, the bread must be made without yeast or sugar (these are restricted on the fast). In other words, it needs to be unleavened bread, otherwise known as flatbread.

4. WHY ISN'T VINEGAR ALLOWED?

The process of creating vinegar involves fermentation, and the oxidation of ethanol produces an alcohol-containing liquid. However, one particular vinegar, apple cider vinegar, has many nutritional benefits, so some people may choose to include it on their fast. The idea of the fast is to deny yourself as an act of worship to the Lord. We don't want to be so legalistic about every single thing that we put into our mouths that we miss the whole point of the Daniel Fast, so I would encourage you to seek the Lord for direction.

Note: Fresh lemon juice is a good substitute for vinegar!
5. IS SEAFOOD ALLOWED?

Fish is not allowed on the Daniel Fast However, some people may choose to modify the guidelines slightly for medical reasons and include it. Again, this is a matter between you and the Lord. He will show you what your fast should look like.

6. I KNOW TEA IS RESTRICTED BECAUSE IT CONTAINS CAFFEINE, BUT WHAT ABOUT HERBAL TEA?

The main reason teas (even herbal) are restricted is based upon Daniel’s example in the Bible and the fact that he drank only water during his fasts (Daniel 1:12 and 10:3). For some people, having tea is a daily treat, so they may choose to give it up for a period of fasting as a sacrifice to the Lord. Perhaps this is not the case for you and maybe you might choose to include herbal tea on your fast.

The Daniel Fast guidelines are meant to help provide boundaries. However, they are not meant to cause legalism so that you are overly focused on what to eat and what not to eat. That would negate the whole point of drawing near to God. The goal is to eliminate foods that will give you a sense of self-denial and sacrifice. I would encourage you to pray about what sacrifices God is asking you to make on your fast and if herbal tea is one of them.

7. CAN I HAVE HONEY OR AGAVE NECTAR?

No added sugars are allowed on the Daniel Fast, including honey, agave nectar, molasses, maple syrup, and artificial sweeteners.

8. IS COFFEE ALLOWED?

Sorry, but no.

Source: “The Ultimate Guide To the Daniel Fast” by Kristen Feola (p. 63)
SAMPLE MENU

Here are just a few simple ideas. They are all ideas for menus that you can use during your Fast:

BREAKFAST
• Sliced fruit
• Hot whole-grain cereal with raisins and nuts
• Juice on the cereal

LUNCH
• Hearty Layered Salad and Greek Vegetable Stew

DINNER
• Vegetarian Chili and a Green Salad with dressing
• Lentil Soup and a Green Salad with dressing

SNACKS
• Sliced vegetables with hummus
• Sliced vegetables with white bean dip
• Raw almonds or other nuts
• Sliced fruit and nuts

Recommended Recipes

For a great recipe book visit westonroadchurch.com/store and under “Other Fasting Resources” look for The Ultimate Guide To the Daniel Fast by Kristen Feola.

Follow our Pinterest boards at pinterest.com/westonrd for great recipes and inspiration specifically for our time of fasting.