



| **FASTING GUIDE**



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PARTICULARS OF FASTING

WHAT IS FASTING?

Fasting is a spiritual discipline taught in the Bible. It means to voluntarily deprive yourself of something for a time in order to give yourself more fully to God. Usually it means to fast from food, but it is possible to fast from many other comforts or activities: TV, Internet, computer and video games, alcohol, magazines, sweets, or anything that regularly takes up time which can be made available for God instead. We ask that you read and meditate over Isaiah 58, Matt. 6:16-18, and Matt. 9:14:17 before you start your fast.

***Important Note:** Fasting requires reasonable precautions. If you have any health concerns, please consult your physician prior to beginning your fast, especially if you are taking any medication, have a chronic condition, or are pregnant or nursing.

As you prepare to fast, it is important to choose a fasting plan that works for you. While this section provides some general information about different types of fasts that you may choose from, Destiny desires all who can to participate in at least the partial fast, but one can choose any fast. There is nothing more inherently spiritual about one type of fast as opposed to another.

We are embarking upon the Fast for the following reasons:

To enhance discernment of the Lord's presence in every aspect of our lives

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To prayerfully seek God's guidance and direction for personal participation in the Campaign

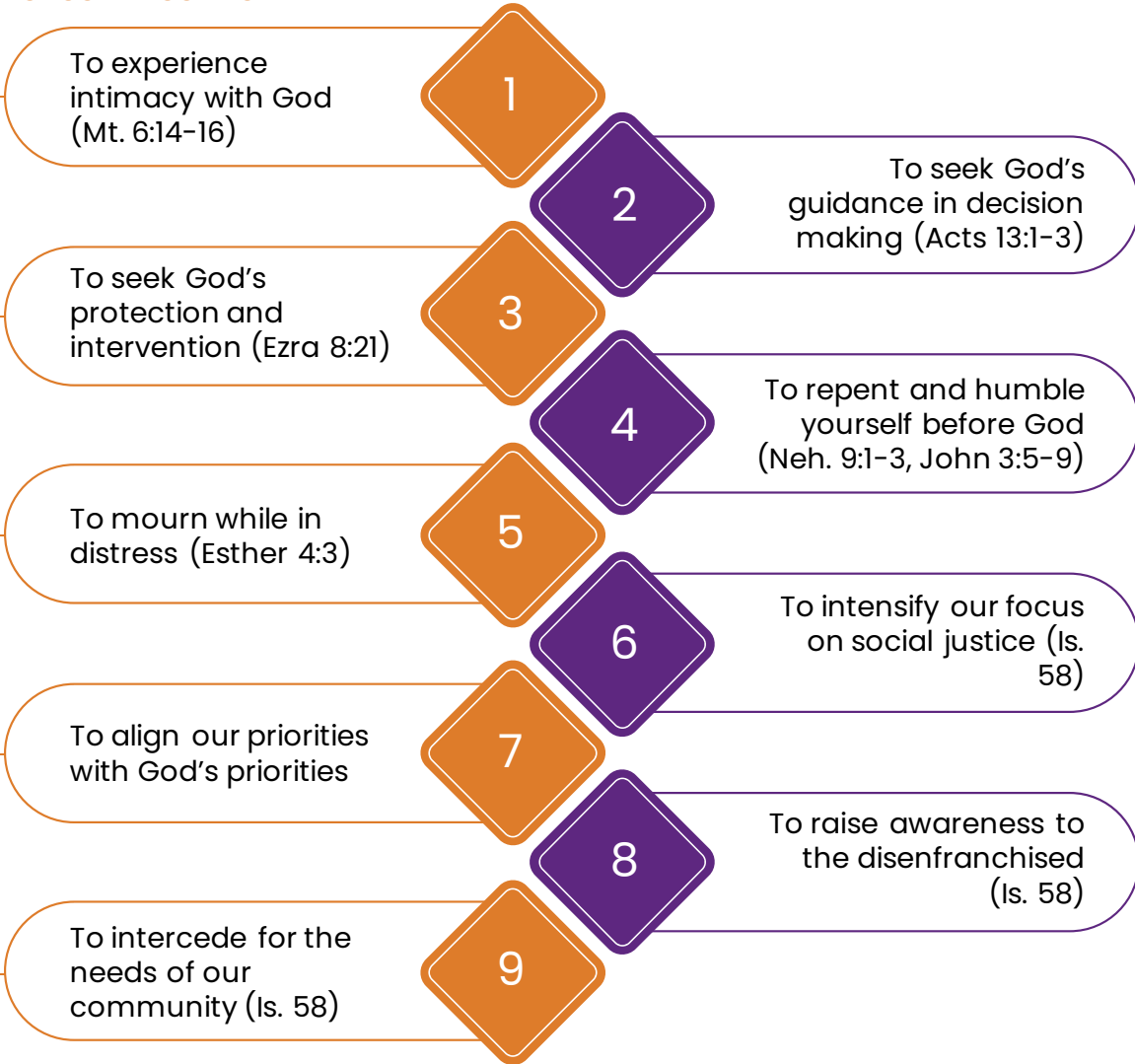
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To actively participate in reaping God's harvest by sharing the Gospel of Jesus Christ and inviting people to Destiny Church

1

Fasting does not necessarily make you more spiritual, but it does position you to experience God more intimately when done with the proper motives.

WHY SHOULD YOU FAST?



WHAT IS THE DANIEL FAST?

The Daniel fast is a great model to follow and one that is extremely effective for spiritual focus, bodily discipline, and purification of the body and soul. It is probably one of the most commonly referred-to fasts; however, within the Daniel fast there is room for broad interpretation.

In the book of Daniel we find two different times where the prophet Daniel fasted. Daniel 1 states that he only ate vegetables and water, and in Daniel 10, while the passage does not give a specific list of foods that Daniel ate, it does state that he ate no rich (or choice) foods, as well as no meat or wine. So based on these two verses, we can see that either of these, or combinations of the two, constitute a Daniel fast.

Again, it is important to mention that there is nothing inherently spiritual about one type of fast as opposed to another. The foundation of the Daniel fast is fruits and vegetables. Some starchy vegetables and dairy could be included, but that depends on the individual. Your goal should be to seek God in prayer about this and follow what the Holy Spirit leads you to do.

WHAT IS A FULL FAST?



A Traditional Fast is the exclusion of all meats and vegetables from your diet. It is imperative that one drinks plenty of fluids this time to avoid dehydration. This type of fasting should only be selected when there are no medical conditions present. The intent of the fast is focus on God, not personal destruction.

WHAT IS A TECHNOLOGY FAST?



A Technology Fast is a fast from non-business/non-essential technology substituted with activities that enhance intimacy with the Lord. These activities can include but are not limited to prayer, bible study, meditation, reading, studying, and journaling.

WHAT SHOULD YOU DO BEFORE YOU GO INTO A FAST?



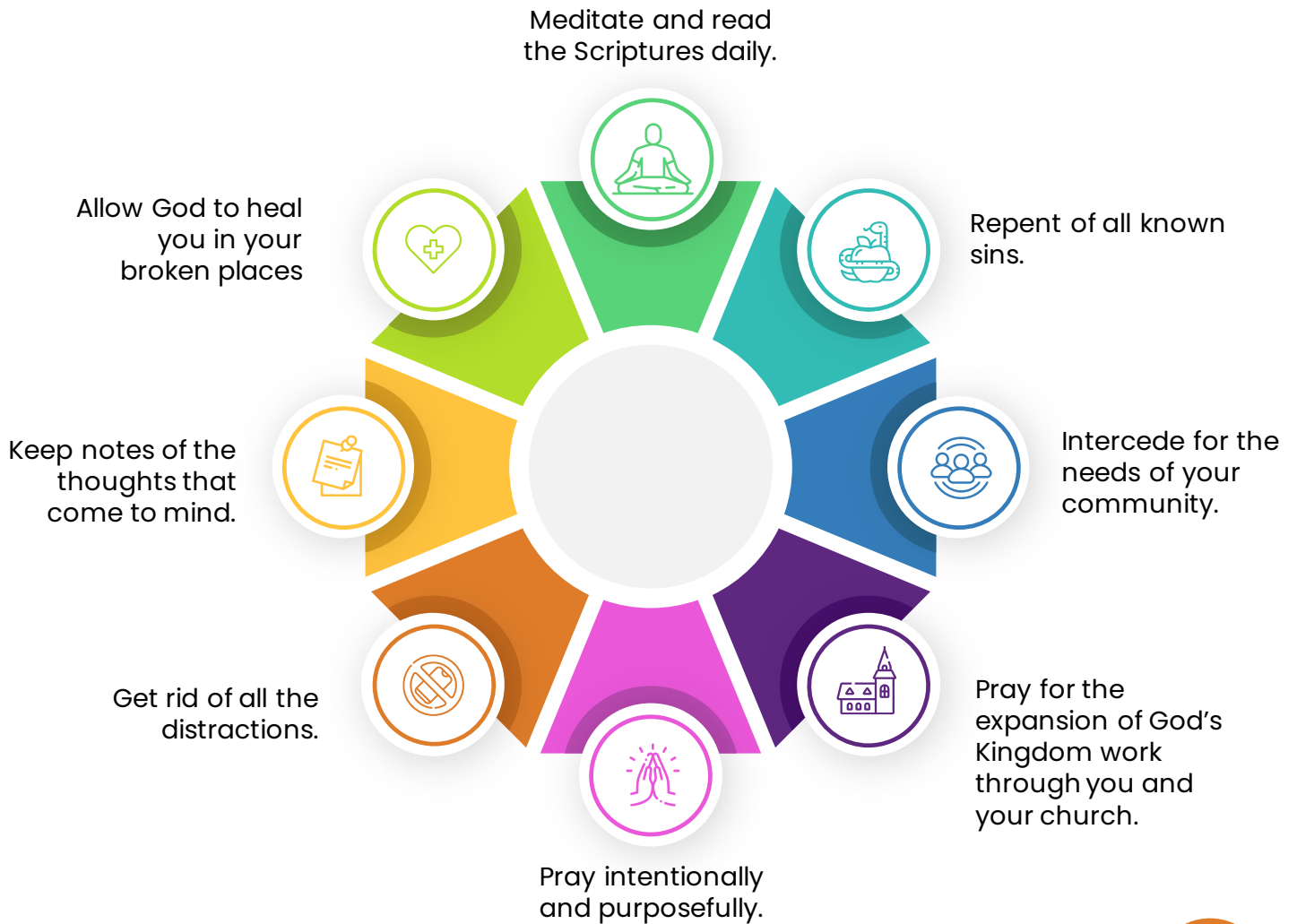
The primary pre-requisite to fasting is to ensure that you have medical clearance from your physician prior to engaging in any fast from food. You still can participate in the fast in spirit even if your health and medications do not allow a traditional fast from food. In these instances, we recommend that you refrain from another activity and substitute that time with prayer and bible reading.

WHAT ARE SOME GUIDING PRINCIPLES FOR FASTING?



Fasting is not merely missing a meal or two. It is a time of intentional dedication and focus on the Lord—His voice and His will. Remove distractions so that He can have your undivided attention. Fasting increases the probability that we can discern God's voice in the midst of chaos.

BENEFITING FROM YOUR FAST



HOW TO BEGIN AND BREAK THE FAST WELL

Depending on the type of fast you choose, it is very important to prepare your body ahead of time before beginning the fast. Take a week or so to transition into your fast; otherwise, you could get sick. For example, if you would like to go on a fruits and vegetables or juice fast, start eliminating meat, white grains, and refined sugars from your diet the week before. Also start to cut back quite a bit on dairy products and some of your caffeine intake.

The same principle applies to breaking your fast. When your fast is over, add foods back in very gradually. Please don't break your fast with a greasy cheeseburger! Because your body is so cleansed and detoxified, you will most likely get sick if you do that. There are also several supplements you can take that will help support the detox process during your fast. Your health- food store can give you recommendations.

FASTING TIPS

Here are some other ideas that can help make your fasting experience more pleasant and helpful:

1 As you select your type of fast, make a fasting calendar that fits your plan. Determine what each day and week will look like.

2 Make it a priority to attend church during our forty-day fast as much as possible. Being around other believers will encourage you to continue when fasting becomes difficult.

3 Know why you are fasting for 40 days and let that be your focal point. Hang up a quote, scripture, picture, or anything that will help keep you focused.

4 Try to avoid being around areas of temptations when you first start begin fasting.

5 Avoid fasting solely for weightless, oftentimes people will put on more weight after they fast.

6 You may experience changes in bowel movements, urine, or for women, menstrual cycle.

7 Carbonated drinks, milk shakes, and acidic fruits should be avoided. They can upset the stomach.

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Keep your fridge and pantry stocked with the items you need. Being unprepared to fast sets you up to give into temptation. Choose well when selecting products, stick to raw food as much as you can, and limit artificial ingredients.

If you get off track during the fast, don't get discouraged. Just get right back on track and keep going. God's mercies "are new every morning" (Lamentations 3:22-23). He wants you to finish, and He will give you the grace and strength to do so.

Having a supportive team of people around you will help you get through it.

Spiritual fasts require lots of prayer, Bible reading, and dedication to the word of God.

You may become be irritable during the first week or two until your body adjusts, if this happens include this concern in your daily prayers.

Be cautious if you consume protein drinks during this type of fast, they have a tendency to constipate.

STEPS TO A GREAT FAST!

STEP 1

Determine that you want to clear your life of unnecessary distractions for a brief season to demonstrate to God that He is more important than your daily food (Mt. 6:33).

STEP 2

Determine the type of Fast you will pursue.

- Food Only Fast
 - Technology Only Fast
 - Both food and technology
-

STEP 3

Select the time of day you will fast.

- Morning (6am to 12 noon)
 - Midday (12 noon to 6pm)
 - Evening (6pm to 12 midnight)
 - Night (12 midnight to 6am)
-

STEP 4

Decide the duration of your fast.

- 1 Day
 - 2 days
 - 3 days
 - 7 Day
 - 14 days
 - 21 days
-

STEP 5

Gather the practical materials for your fast.

- Understandable Bible
 - Music
 - Study Materials
 - Journal
 - Food Supplements
 - Desired Fluids
 - Prayer Guide
 - Teaching Audios and Videos
 - Medical Clearance
-

STEP 6

Pinpoint where you are spiritually. (1 low, 5 high/great. Try to avoid 3, it's not very helpful.)

- | | |
|--|-------------------------------|
| 1. Prayer Time: | 9. Community Service/Giving: |
| 2. Bible Reading: | 10. Church Giving: |
| 3. Obedience to Learning and Teaching: | 11. Disciple Making: |
| 4. Ministry Service to Church: | 12. Building Relationships: |
| 5. Personal Evangelism: | 13. Quality Time with Family: |
| 6. Personal Worship: | 14. Performance at Work: |
| 7. Fruit of Spirit: | 15. Encouraging Others: |
| 8. Doctrinal Depth: | |

PRAYER LIST

1. Spiritual Concerns

a.

b.

c.

2. Emotional/Mental Concerns

a.

b.

c.

3. Medical/Physical Concerns

a.

b.

c.

4. Relational Concerns: Marriage

a.

b.

c.

5. Relational Concerns: Parenting

a.

b.

c.

PRAYER LIST

6. Relational Concerns: Extended Family

a.

b.

c.

7. Intellectual Growth Concerns

a.

b.

c.

8. Professional Concerns

a.

b.

c.

9. Financial Concerns

a.

b.

c.

10. Church Concerns

a.

b.

c.

NATIONAL PRAYER LIST



Country (United States) - We pray that God bless and guide our country and its freedoms and that it will be shown your favor to remain a nation under God the father, God the Son and God the Holy Spirit.



President of U.S. & Family - We pray that you bless the president and his family and that you give the president the strength to lead this country effectively and soundly by your grace.



State & Local Government - God Bless our state, government and local government with wisdom and the knowledge to flourish and improve by his grace.



Senate & Congress Reps - We pray that God grant them with wisdom that sound decisions will be blessed and made pleasing in his sight.



Bipartisanship - We pray that God strengthen our counties political parties will take steps to come together to for the greater good of the his people.



Local Government - May God continue to bless our local government and its leaders to strengthen and protect our cities and towns from hurt, harm and danger in which we live. That God put in place good leaders and order their steps according to his will.

NATIONAL PRAYER LIST



Troops & Armed Forces - We pray that God continue to bless their safety and well being as well as their families. God give them strength and favor as they continue to protect the freedoms of our country.



Employment - We pray that God will continue to open doors for those who are in need of employment or those who are seeking better employment opportunities.



Health care - We pray that God bless those who need health care or proper care and that medical needs are met. Help us always to know that you are our true Healer and Redeemer and we declare that it was by the strips of your son that we are healed.



Education - May God continue to bless and strengthen our education systems to create better systems for our children and their families. We pray God to bless all our educators that God grant them wisdom to effectively educate students.



Economy - We pray that God bless and grant increase to our economy and those that oversee it so that it may flourish under his mercy and grace.



We pray that all our countries national, state and local leaders and all its inhabitants look to God as our main source and not ourselves in times of difficulty and uncertainty. That we always seek him and his guiding light whenever our country may see dark times in the present and in the days to come.

MONDAY:

Pray for your pastor's family.

- God's peace and protection
- A growing love relationship with his/her spouse
- A commitment to quality and quantity time together

TUESDAY:

Pray for wisdom for your pastor.

- The mind of Christ
- Godly decision-making
- Understanding of biblical truth

WEDNESDAY:

Pray for your pastor's ministry focus.

- Clear vision
- Commitment to biblical priorities
- Remain true to his/her God-given gifts and strengths

THURSDAY:

Pray for your pastor's health.

- Protection of his/her body and mind
- An extra portion of stamina and strength
- Commitment to stress-releasing activity

FRIDAY:

Pray for your pastor's spiritual growth.

- A heart for God and the lost
- Fresh biblical insights
- Personal devotions not related to sermon preparation

SATURDAY:

Pray for your pastor's purity.

- Pure motives
- Pure thought-life and faithfulness to his/her spouse
- Pure commitment to complete integrity

SUNDAY:

Pray for God's empowerment of your pastor.


- Strength in leadership
- Passion in preaching
- Fruit and joy in ministry





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