



IMPACT CHURCH
Fasting & Prayer Booklet

Pastor's Greeting



Dear Impact Church Family,

This fasting and prayer Booklet is dedicated to all of you who desire to reach out to God in a new and deeper way. It has been said that “one of the most effective ways to increase your spiritual alertness is to combine prayer and fasting. Fasting and prayer is the most powerful weapon the Lord has given to the Christian” (Frank Damazio). Jesus Himself set the example for us by fasting in Matthew 4:1-9.

There are 3 types of fasts that we read about in the bible.

- A. The Normal Fast: abstaining from all food, solid or liquid; but not from water
- B. The Absolute Fast: abstaining from all food & water (Note: Normally never done for more than 3 days)
- C. The Daniel Fast: restriction of diet rather than complete abstention. Usually just fruits, vegetables, water and juices - Daniel 10:2-3

In this booklet, we will be discussing these 3 fasts in greater detail. Our sincere prayer for you today is that you will encounter God in a real way, and that you will begin your journey to greater depths in a true relationship with Jesus Christ.

Believing with you for a breakthrough,

Cameron & Sandra

Pastors Cameron & Sandra

HOW TO BEGIN YOUR FAST

How you begin and conduct your fast will largely determine your success. By following these five basic steps to fasting, you will make your time with God more meaningful and spiritually rewarding.

STEP 1: Set Your Objective

Why should we fast? We are living in a day and age where we need answers more than ever before. Fasting:

1. Gives wisdom in making major decisions - Luke 6:12-16
2. Helps to humble the soul; the soul being your mind, will and emotions
3. Is a key element in dealing with the plans of the enemy
4. Is important when you or someone else needs physical healing
5. Is important when seeking God's protection and intervention
6. Increases your sensitivity to the Lord and changes ordinary prayer into powerful prayer
7. Purifies your heart and life before God
8. Is often necessary for revelation and understanding of God and His Word
9. Helps gain and maintain disciplined lives
10. Enables power and revelation for ministry

The New Testament church often fasted (Acts 13:1-3; 14:21-23; 2 Cor.11:23-28) and saw tremendous results. Lets' believe that God can and will do it again!

STEP 2: Make Your Commitment

Pray about the kind of fast you should undertake. Jesus implied that all of His followers should fast (Matthew 6:16-18; 9:14-15) For Him it was a matter of *when* believers would fast, not *if* they would do it. Before you fast, decide the following up front:

1. How long you will fast - one meal, one day, a week, several weeks, 21 days (Beginners should start slowly, building up to longer fasts.)

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2. The type of fast God wants you to undertake (such as water only, or water and juices; what kinds of juices you will drink and how often; or a Daniel fast which would include fruit and vegetables as well)
 3. What physical or social activities you will restrict
 4. How much time each day you will devote to prayer and God's Word

Making these commitments ahead of time will help you sustain your fast when physical temptations and life's pressures tempt you to abandon it.

STEP 3: Prepare Yourself Spiritually

The very foundation of fasting and prayer is repentance. Confess everything that the Holy Spirit calls to your remembrance and ask for God's forgiveness (1 John 1:9). Seek forgiveness from all whom you have offended, and forgive all who have hurt you (Mark 11:25; Luke 11:4; 17:3-4). Begin your time of fasting and prayer with an expectant heart (Hebrews 11:6).

STEP 4. Prepare Yourself Physically

Fasting requires reasonable precautions. Consult your physician first, especially if you take prescription medication or have a chronic ailment. Some people should never fast without professional supervision. Do not fast if you are nursing or pregnant.

Physical preparation makes the drastic change in your eating routine a little easier so that you can turn your full attention to the Lord in prayer.

1. Do not rush into your fast.
2. Prepare your body. Eat smaller meals before starting a fast. Avoid high-fat and sugary foods.
3. Eat raw fruit and vegetables for two days before starting a fast.

WHILE YOU FAST

Here are some helpful suggestions to consider:

1. Avoid natural herbal drugs and homeopathic remedies. Medication should be withdrawn **only** with your physician's supervision.

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2. Limit your activity.
 3. Rest as much as your schedule will permit.
 4. Prepare yourself for temporary mental discomforts, such as impatience, crankiness, and anxiety.
 5. Expect some physical discomforts, especially on the second day. You may have fleeting hunger pains, dizziness, or the “blahs”. Withdrawal from caffeine and sugar may cause headaches. Physical annoyances may also include weakness, tiredness, or sleeplessness.

The first three days are usually the hardest. As you continue to fast, you will likely experience a sense of well being both physically and spiritually. However, should you feel hunger pains, increase your liquid intake.

Remember, always use wisdom. If any unexpected symptoms arise, it is wise to stop the fast temporarily. You can always resume the fast later, with the advice of your doctor.

Tips on Juice Fasting (Normal Fast)

Drinking fruit juice will decrease your hunger pains and give you some natural sugar energy. The taste and lift will motivate and strengthen you to continue.

The best juices are made from fresh watermelon, lemons, grapes, apples, cabbage, beets, carrots, celery, or leafy green vegetables. In cold weather, you may enjoy a warm vegetable broth.

Mix acidic juices (orange and tomato) with water for your stomach’s sake. Avoid caffeinated drinks. And avoid chewing gum or mints, even if your breath is bad. They stimulate digestive action in your stomach.

Tips on the Absolute Fast

This fast should normally never be done for more than 3 days. It is important to rest as much as possible during this time.

Tips on Daniel Fast

Here is a list of foods normally eaten on this fast.

Whole Grains:

Brown Rice, Oats, Barley

Legumes:

Dried Beans, Pinto Beans, Split Peas, Lentils, Black Eyed Peas

Fruits and Vegetables

This would include soups, stews, tossed salads, and vegetable stir fry

Liquids: Spring Water, Distilled Water, 100% All-Natural

Fruit Juices, 100% All Natural Vegetable Juices.

Others: Seeds, Nuts, Sprouts

BREAKING YOUR FAST

It is very important to know how to break your fast for your physical and spiritual well-being. Begin eating gradually. Do not eat solid foods immediately after your fast. Suddenly reintroducing solid food to your stomach and digestive tract will likely have negative consequences. Try several smaller meals or snacks each day. If you end your fast gradually, the beneficial physical and spiritual effects will result in continued good health.

Here are some suggestions to help you end your fast properly:

1. If you are doing a “Normal Fast”, while continuing to drink fruit or vegetable juices, add the following:
 - a. First day: Add a raw salad.
 - b. Second day: Add baked or boiled potato, no butter or seasoning.
 - c. Third day: Add a steamed vegetable.
 - d. Thereafter: Begin to reintroduce your normal diet.

2. If you are doing a “Daniel Fast”, gradually return to regular eating with several small snacks during the first few days. Start with soup and fresh fruit such as watermelon and cantaloupe. Advance to a few tablespoons of solid foods such as raw fruits and vegetables or a raw salad and baked potato.

