

FIRST FRUITS FAST

Quick Tips for Fasting

How to Begin

- Start with a clear goal. Be specific. 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 and read the Bible.

Preparing Spiritually

- Confess your sins to God. Ask the 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).

Deciding What to Fast

- The type of fast you go on is up to you. You could go on a full fast in which you only drink liquids, or you may desire to fast like Daniel, who abstained from sweets and meats, and the only liquid he drank was water. Remember to replace that time with prayer and Bible study.

Deciding How Long

- You may fast as long as you like. Most can easily fast from one to three days, but you may fast longer, even as much as 21 to 40 days. Use wisdom and pray for guidance. Beginners are advised to start slow.

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 set on seeking God's face.

How to End

- Don't overeat when the time comes to end your fast. Begin eating solid food gradually; eat snacks.

TYPES OF FASTS

The type of fast you choose is between you and God. He will honor your best sacrifice. You may want to include a combination of fasts. For example, You may want to participate in a Full Fast for 1-3 days and then continue with a Daniel Fast forth remainder of your time of consecration. Before beginning any type of fast, consult your physician.

Full Fast

- Drink only liquids (you establish the number of days).

The Daniel Fast

- Eat no meat, no sweets and no bread. Drink water and juice. Eat fruits and vegetables.

3-Day Fast

- This fast can be a Full Fast. Daniel Fast or give up at least one item of food.

Partial Fast

- A partial fast is from 6:00 am to 3:00 pm or from sun up to sundown. This fast can be a Full Fast, Daniel Fast, or give up at least one item of food.

Scripture references for Fasting:

Matthew 6:16-18, Matthew 9:14-15, Luke 18:9-14

Relation to Prayer and Reading of 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

Corporate Fasting:

1 Samuel 7:5-6, Ezra 8:21-23, Nehemiah 9:103, Joel 2:15-16, Jonah 3:5-10, Acts 27:33-37

Remember that it is the attitude of a heart sincerely seeking Him to which God responds with a blessing (Isaiah 58, Jeremiah 14:12, 1 Corinthians 8:8). May God greatly bless you as you fast!

THE DANIEL FAST

Step One: Be Specific Daniel was not vague in his objection to the Babylonian diet. He defined the problem immediately.

1. The king's food was against dietary laws.
2. Daniel and his friends had vowed against wine.
3. The king's food had been offered up to idols/demons.

Step Two: Fast as a Spiritual Commitment

The Daniel Fast involves a spiritual commitment to God. "Daniel proposed in his heart that he would not defile himself" (Daniel 1:8).

Step Three: Reflect Inner Desire by Outer Discipline

Many people have an inner desire for better health, but they can't discipline themselves to avoid junk food, and other foods that are not good for their health. The physical health you seek from God may be more than an answer to prayer. Your physical health can be linked to any of the following factors:

1. Your food choices.
2. The level of your spiritual commitment as reflected in constant prayer during the fast.
3. Your time commitment. If you determine too fast for a certain time, keep it. For example, if you determine to fast 10 days, don't stop on Day 9.
4. Your testimony commitment. Your fast is a statement of faith to God that you want Him to heal your body, and faith is foundational to the Daniel Fast.

Step Four: Pray to Perceive Sin's Role in Poor Health

Notice James 5:13-16:

- Sin is something related to the cause of sickness.
- Lack of health/healing may be the result of spiritual rebellion.
- Lack of health/healing may be due to sin of wrong intake, i.e. drugs, pornography.
- Repentance is linked to health according to James.
- Elders have a role in healing both spiritual and physical health.
- Sick people must desire to be well
- The anointing oil could mean
 - 1. Medicine for healing,
 - 2. Symbolic of the Holy Spirit, or
 - 3. It could be baptism
- Prayer alone may not gain healing, faith is the major factor.
- In Greek there are several words for "sick". James uses "Kanino", which not only includes disease, but also means weak or weary.
- Attitude is important. James said, "are there any among you suffering? Let him pray. Is anyone cheerful? Let him sing psalms."

Step Five: Fast as a Statement of Faith to Others

Daniel was making a statement of faith when he asked for only vegetables to eat and water to drink, then dared the overseer to compare the appearance of the four sons of Israel with the young men who ate the king's food.

Step Six: Learn the Effects of the Food You Eat

Why are some foods good for us, and other foods not? What does certain food do to your body? If we really knew, there would likely be some things we would never eat again.

Step Seven: Yield All Results to God

Daniel said, "as you see fit, deal with your servants" (Dan. 1:13).

Remember:

- The Daniel Fast will lead to spiritual insight. "to those four young men God gave knowledge".
- The Daniel Fast is longer than one day. These young men fasted for ten days.
- The Daniel Fast is a partial fast. They ate, but only vegetables and water.
- The Daniel Fast requires abstinence from party or junk foods.
- There is no indication that they ever began to eat the king's food.

Food Guidelines for a Daniel Fast

Foods You May Eat:

- Whole Grains: Brown Rice, Oats, Barley
- Legumes: Dried Beans, Pinto Beans, Split Peas, Lentils, Black Eyed Peas
- Fruits: Apples, Apricots, Bananas, Blackberries, Blueberries, Boysenberries, Cantaloupe, Cherries, Cranberries, Oats, Figs, Grapefruit, Grapes, Guava, Honeydew Melon, Kiwi, Lemons, Limes, Mangoes, Nectarines, Papayas, Peaches, Pears, Pineapples, Plums, Prunes, Raisins, Raspberries, Strawberries, Tangelos, Tangerines, Watermelon
- Vegetables: Artichokes, Asparagus, Beets, Broccoli, Brussels Sprouts, Cabbage, Carrots, Cauliflower, Celery, Chili Peppers, Corn, Cucumbers, Eggplant, Garlic, Gingerroot, Kale, Leeks, Lettuce, Mushrooms, Mustard Greens, Okra, Onions, Parsley, Potatoes, Radishes, Rutabagas, Scallions, Spinach, Sprouts, Squashes, Sweet Potatoes, Tomatoes, Turnips, Watercress, Yams, Zucchini, veggie burgers are an option if you not allergic to soy.
- Liquids: Spring Water, Distilled Water, 100% All-Natural Fruit Juices, 100% All Natural Vegetable Juices. You may also drink protein drinks.
- Others: Seeds, Nuts, Sprouts

Foods to Avoid:

- Meat
- White Rice
- Fried Foods
- Caffeine
- Carbonated Beverages
- Foods Containing Preservatives or Additives
- Refined Sugar
- Sugar Substitutes
- White Flour and All Products Using It
- Margarine, Shortening, High Fat Products

Day 1: Getting Started

Fasting brings one into a deeper, more intimate, and powerful relationship with the LORD. When you eliminate food from your diet for a number of days, your spirit becomes uncluttered by the things of this world and amazingly sensitive to things of God. "As the deer pants for the water brooks So my soul pants for you, O God. My soul thirsts for God, for the living God. When shall I come and appear before God? My tears have been my food day and night, While they continually say to me, "Where is your God?" -King David [Psalm 42:1-3 NKJV]

On your first day of fasting, remember:

1. Drink lots of water
2. Keep your focus and avoid temptation
3. Remember your fast and its purpose
4. Get with an accountability partner or group

Physical Effects:

1. Hunger pangs and cravings

Keep a journal as you go through this experience. Every day you will be provided with a few questions to guide you with your thought process. Here are a few questions to help get you started...

Thoughts for your Journal:

1. What are your own personal reasons for fasting?
2. Do you desire sensitivity to the things of God?

Day 2: Hungering for Living Bread

"As David stated in Psalm 42, 'Deep calls unto deep. 'Week 1 is that first step down the path to your breakthrough. The first step is many times the hardest step, but as you walk through this journey, you will find that God is there to meet you at every critical point along the way."

On your second day of fasting, remember:

1. Drink lots of water
2. Rest to conserve your energy
3. Pray...The second and third days are the hardest

Physical Effects:

1. Tongue begins to coat
2. Hunger pangs increase
3. Cravings are intense at times
4. Headaches can begin
5. Your body starts burning fat for energy, this is called ketosis

Thoughts for your Journal:

1. Do you need a deeper, more intimate and powerful relationship with the Lord?
2. Do you need a fresh encounter with God?

Day 3: Getting Past Your Quitting Point

Are you ready for a breakthrough unlike anything you've ever experienced before? Remember to continually pray because only God can provide you with the strength, both physically and emotionally, that you will need during these 21 days.

On your third day of fasting, remember:

1. Drink lots of water
2. Chew on some sugar free breath mints or gum
3. Pray for encouragement
4. Avoid smells and other temptations
5. This will be the toughest day of the Fast

Physical Effects:

1. Tongue is coated over fully
2. Hunger pangs increase
3. Cravings are intense at times
4. Ketosis is in full process
5. Noticeable weight loss begins
6. Headaches might still be apparent

Thoughts for your Journal:

1. What is that dream inside you that only He can make possible?
2. What are other people's goals in your accountability group?
3. How can you obtain these goals with God's help?

Day 4: Target Your Prayers

The disciples cannot cast the demon out of the boy, and Jesus has to do it. Some only come out through prayer and fasting. Matthew 10

On your fourth day of fasting, remember:

1. Drink lots of water
2. Get support from your accountability partner or group
3. Listen as you pray
4. Record His response to your prayers

Physical Effects:

1. You begin to settle into the fast
2. Cravings begin to subside
3. Headaches sometimes occur at this stage
4. Your body begins ridding itself of toxins

Thoughts for your Journal:

1. Do you have a friend or loved one that is in need of Salvation?
2. Is there any healing that you need physically?
3. What are the needs in your family right now?

Day 5: Fasting AND Praying

Solomon speaks about the three-fold cord and how it cannot be broken. Ecclesiastes 4:12

On your fifth day of fasting, remember:

1. Utilize your Prayer Journal
2. Concentrate on your own personal prayer time and prayer place
3. Keep sugar free mints on hand

Physical Effects:

1. Headaches begin to subside
2. Cravings subside
3. Weight loss can be noticeable
4. Bad breath becomes a concern

Thoughts for your Journal:

1. Why do you think fasting is important in order to achieve your greatest breakthroughs?
2. Jesus fasted, and He intimately related to His Father in heaven. How has this experience so far helped you to relate to your Heavenly Father?

Day 6: God Delights in Renewal

Sometimes we need renewal in our spiritual lives. Fasting is one of the ways that you can cleanse your body and aid the process of communicating with the Father.

On your sixth day of fasting, remember:

1. Drink lots of water
2. Rest to conserve energy
3. Utilize your personal prayer time and prayer place
4. Journal your experience
5. Concentrate on prolonged times of meditation and listening
6. Sugar free mints

Physical Effects:

1. Senses begin to heighten
2. Cravings can occur, especially with pictures and smells
3. Weight loss continues
4. Bad breath

Thoughts for your Journal:

1. How is experiencing fasting as a private discipline bringing you closer to God?
2. Has God revealed anything to you since the Fast has begun?

Day 7: Feed on the Word

“I have not departed from the commandment of His lips; I have treasured the words of His mouth more than necessary food.” Job 23:12 (NKJV)

On your seventh day of fasting, remember:

1. Water needs to be with you at all times
2. Rest and relax as much as possible
3. Remember your prayer time and prayer place
4. Write your thoughts in your prayer journal
5. Continue to meditate and listen
6. Sugar free mints

Physical Effects:

1. Senses begin to heighten
2. Cravings can occur, especially with pictures and smells
3. Weight loss continues
4. Bad breath

Thoughts for your Journal:

1. How do you keep from resisting the temptation of hunger?
2. How can resisting hunger relate to avoiding other temptations in your life?

Day 8: Walk with God

“Therefore go...” Jesus says. “God is with you...and so am I.”

On your eighth day of fasting, remember:

1. Water needs to be with you at all times
2. Rest and relax as much as possible
3. Remember your prayer time and prayer place
4. Write your thoughts in your prayer journal
5. Continue to meditate and listen
6. Sugar free mints

Physical Effects:

1. Senses begin to heighten
2. Cravings can occur, especially with pictures and smells
3. Weight loss continues
4. Bad breath
5. You begin to find what is known as the “sweet spot”

Thoughts for your Journal:

1. How can this fast give you supernatural insight?
2. Reflect on how there is great power and supernatural blessing that awaits the man or woman who forsakes all flesh for the chance to know their Savior and hear His voice.

Day 9: Is He Speaking to You?

Remember, Paul was fasting when God called him and shared the assignment for his life, and Peter was fasting on the rooftop when God gave him a new revelation and called him to take the gospel to the Gentiles. What will God reveal to you during your Fast?

On your ninth day of fasting, remember:

1. Water needs to be with you at all times
2. Rest and relax as much as possible
3. Remember your prayer time and prayer place
4. Write your thoughts in your prayer journal
5. Continue to meditate and listen
6. Sugar free mints

Physical Effects:

1. Senses are heightened
2. Weight loss continues
3. You become mentally aware of the Lord's presence all around you
4. Your hunger for His provision and His attention is intensified

Thoughts for your Journal:

1. Think about the mental, physical and spiritual battle you encounter as you combat the hunger pangs.
2. Reflect on the battle that ensues between the carnal man and the spirit.
3. How has God's presence become clearer through this experience?

Day 10: Every Assignment Has a Birthplace

Are you listening? Every assignment God gives you has a birthplace. What is He saying to you today?

On your tenth day of fasting, remember:

1. Water needs to be with you at all times
2. Rest and relax as much as possible
3. Remember your prayer time and prayer place
4. Write your thoughts in your prayer journal
5. Continue to meditate and listen
6. Sugar free mints
7. You must commit again to speaking regularly with an accountability partner from your group.

Physical Effects:

1. Continued weight loss
2. Bad breath
3. Your senses become heightened
4. Hunger pangs continue

Thoughts for your Journal:

1. What do you think the specific assignments are that God has for your life?
2. What do you currently desire in your life? Remember to pray about your dreams and ask God for guidance in what is best for your life.

Day 11: Fasting Truly Humbles You

Fasting is a biblical way to truly humble yourself in the sight of God. King David said, "I humble myself through fasting.", Ezra 8:21

On your eleventh day of fasting, remember:

1. Drink water or juice throughout the day
2. Rest and relax
3. Go to your prayer time and prayer place
4. Write your experience in your prayer journal
5. Continue to meditate and listen to God
6. Sugar free mints will keep your breath fresh
7. Speak with your accountability partner from your group.

Physical Effects:

1. Decreasing weight
2. The Lord's presence becomes more apparent
3. Cravings are still apparent

Thoughts for your Journal:

1. Humility is a discipline and not something that just comes naturally. Fasting places one truly in the hands of God, dependent upon Him for spiritual nourishment in the absence of physical nourishment. Journal how this experience has humbled you and made you trust God more.

Day 12: The Holy Spirit Is Using Your Fast

The Holy Spirit is using your fast to reveal your true spiritual condition, resulting in brokenness, repentance and a transformed life. "My sheep hear my voice, and I know them, and they follow me: And I give unto them eternal life; and they shall never perish, neither shall any man pluck them out of your hand."

Thoughts for your Journal:

1. Has God revealed anything to you personally?
2. Reflect on what it means to present your body as a living sacrifice through your time of fasting.

Day 13: Hold on to the Promise

God will not allow you to give in to temptation! Remember your dream to complete the fast and keep your feet on the path of righteousness.

On your thirteenth day of fasting, remember:

1. Water needs to be with you at all times
2. Rest and relax as much as possible
3. Remember your prayer time and prayer place
4. Write your thoughts in your prayer journal
5. Continue to meditate and listen
6. Sugar free mints
7. You must commit again to speaking regularly with an accountability partner from your group.

Physical Effects:

1. Continued weight loss
2. You are mentally aware of the Lord's presence all around you
3. Cravings have returned

Thoughts for your Journal:

1. What are the various ways you can experience guidance from God?
2. Reflect on how you can resist more temptation in these next days as the hunger pangs continue.

Day 14: Magnifying Your Worship

"If my people who are called by name will humble themselves, and pray and seek my face, and turn from their wicked ways, then will I hear from heaven, and will forgive their sin and heal their land." II Chronicles 7:14 (NKJV)

On your fourteenth day of fasting, remember:

1. Drink water or juice
2. Go to your prayer time and prayer place
3. Listen to a few of your favorite worship CD's
4. Dialogue in your prayer journal
5. Focus on your meditation and listening
6. Continue to speak regularly with an accountability partner from your group
7. Chew sugar free gum and keep sugar free mints with you

Physical Effects:

1. Weight loss continues
2. Bad breath
3. You become spiritually aware of the Lord's presence all around you
4. Cravings can be strong at times

Thoughts for your Journal:

1. Praise God for bringing you this far and thank Him for His steadfast presence.

Day 15: Renewal

What was your reason for starting this fast? Have you had a spiritual awakening? God is rejoicing in your dedication; thank Him for His strength.

On your fifteenth day of fasting, remember:

1. Keep hydrated
2. Pray to God at your personal time and in your personal place
3. Listen to music as a motivational tool
4. Keep up with your prayer journal
5. Listen to God as you pray
6. Continue to speak regularly with an accountability partner from your group
7. Keep sugar free mints and gum on you

Physical Effects:

1. Weight loss continues
2. Bad breath is still a concern
3. You become mentally aware of the Lord's presence all around you
4. Cravings begin to return, but avoid temptation

Thoughts for your Journal:

1. Reflect on how worship and obedience has provided you with the opportunity for God to reveal Himself and His purposes to you, His special servant.
2. Write down the details that were a concern in the beginning of the Fast that no longer seem as of great concern.

Day 16: Purest Worship

As you continue on this journey, keep your focus...on God. He will guide you and direct you so that your life will honor Him.

On your sixteenth day of fasting, remember:

1. Drink water and juice throughout the day
2. Observe your prayer time and prayer place
3. Listen to worship music for inspiration and support
4. Write in your prayer journal
5. Reflect on your fast and how it is helping you to grow spiritually
6. Speak with your accountability partner for encouragement
7. Remember your sugar free breath mints

Physical Effects:

1. Weight loss continues to be apparent
2. Bad breath remains
3. Your senses are heightened
4. Avoid temptation as hunger pangs come

Thoughts for your Journal:

1. Remember to stay the course. Write out your thoughts on how you can continue to present your body as a living sacrifice and see if the Lord does not open up the windows of heaven to you and shower you with His presence.
2. Fasting is a form of worship that will humble you. Remind yourself of your dependency on God.

Day 17: Nothing is Impossible with God

“Now therefore, if you will indeed obey My voice and keep My covenant, then you shall be a special treasure to Me above all people; for all the earth is Mine. And you shall be to Me a kingdom of priests and a holy nation. ‘These are the words which you shall speak to the children of Israel.’” Exodus 19:5-6

On your seventeenth day of fasting, remember:

1. Seek encouragement from your accountability partner
2. Keep hydrated with water and juice
3. Continually pray
4. Listen to your favorite worship CD
5. Write your thoughts in your prayer journal
6. Meditate and listen to what God is saying
7. Chew sugar free gum

Physical Effects:

1. Weight loss continues
2. Bad breath continues
3. You see the Lord’s presence all around you
4. Cravings are apparent

Thoughts for your Journal:

1. Reflect on comments of encouragement that others have expressed throughout your Fast. Thank God for people in your life that have touched your heart.

Day 18: God is Your Rock

God doesn’t want you to worry. He wants to be in control of your life and guide you through your daily challenges. As you are fasting, and giving God your body, give Him your spirit, too.

On your eighteenth day of fasting, remember:

1. Lean on your group and your partner for support
2. Keep water and juice with you
3. Use your prayer time and prayer place
4. Worship and find strength with music
5. Journal your experience
6. Meditate on what this experience means to you
7. Keep sugar free mints or gum on hand

Physical Effects:

1. Continued weight loss
2. Bad breath is apparent
3. Your awareness of God’s power is heightened
4. Cravings are evident, but avoid temptation

Thoughts for your Journal:

1. Examine any areas of un-forgiveness and bitterness that the Lord is asking you to surrender to Him.

Day 19: Rewarded Openly

“Now, therefore, if you will indeed obey my voice and keep my covenant, then you shall be a special treasure to Me above all people; for all the earth is mine.”Exodus 19:5

On your nineteenth day of fasting, remember:

1. Continue to speak regularly with an accountability partner from your group – you will need this more than ever these last few days
2. Continue to drink water
3. Pray for guidance and strength
4. Worship God through music and praise
5. Document your thoughts in your prayer journal

Physical Effects:

1. Weight loss continues
2. You become mentally aware of the Lord’s presence all around you
3. Cravings are still apparent, but you’ve lasted this long!

Thoughts for your Journal:

1. Consider what you would be willing to share with others today, and how you will articulate your experience and what it has meant to you in terms of your relationship with God.

Day 20: His Will, Not Yours

“‘And you shall be to me a kingdom of priests and a holy nation.’ These are the words which you shall speak to the children of Israel.”Exodus 19:6

On your twentieth day of fasting, remember:

1. Continue to speak regularly with an accountability partner from your group – you will need this more than ever these last few days
2. Continue to drink water
3. Pray for guidance and strength
4. Worship God through music and praise
5. Document your thoughts in your prayer journal

Physical Effects:

1. Weight loss continues
2. You become mentally aware of the Lord’s presence all around you
3. Cravings are still apparent, but you’ve lasted this long!

Thoughts for your Journal:

1. Take some time today and go back to read your journal entries from the start of the fast to this 20th day.
2. What do your journal entries tell you about your own personal journey these last three weeks?
3. Take a moment and journal about the breakthroughs you have experienced or key things the Lord has shown you during the fast. Spend time in prayer and thanksgiving.

Day 21: Your Final Day

“Proclaim this among the nations: Prepare for war! Wake up the mighty men, Let all men of war draw near, Let them come up...Multitudes...multitudes in the valley of decision! For the day of the Lord is near in the valley of decision.” Joel 3:9-14

On your twenty-first day of fasting, remember:

1. Find someone and share your experience with them
2. Replenish yourself with liquids, and prepare to ease back into solid food on the 22nd day
3. Go to your prayer place and praise God
4. Be thankful and rejoice
5. Write your feelings in your prayer journal

Physical Effects:

1. You continue to lose weight
2. You become exhilarated as you cross the finish line
3. Bad breath will begin to dissipate upon completion of the fast
4. Cravings will be strong the first few days after the fast...be careful to ease back into hard foods over the next few days to a week

Praise God!

1. On this final day, ask the Lord to reveal to you if there is any un-forgiveness, bitterness or other hindrances that you have yet to lay fully before your Lord.
2. Prepare for blessing, harvest and an anointing like you have never experienced before.
3. Get ready because the rest of this year will not be like any other before it!