

## MorningStar Church's 21 Day Fast/ Practical Guidelines

### What is fasting?

- **Simply stated, *biblical fasting*** is refraining from food for a spiritual purpose. It's pushing back the plate so you can focus more time and energy on drawing near to God. And of course it requires quite a bit of discipline and strength—strength you can only receive from God. But it's definitely worth it.

### Why should I participate?

- Are you in need of a fresh encounter with God? Do you desire a deeper, more intimate and powerful relationship with Jesus? Do you need to break away from spiritual bondages that have been holding you hostage? Is there a friend or loved one that needs to find Christ? Do you desire to know God's will for your life? Are you in need of healing or a miracle? All of these are good reasons.

**Types of Fasting** - There are several types of fasts found the Bible, and the one you choose is between you and God. Some examples:

- **Full Fast** - Drink only liquids. You establish the number of days.
- **Partial Fast** - A partial fast is from 6:00 am to 3:00 pm, or from sun up to sundown.
- **The Daniel Fast** - Eat no meat, no sweets and no bread. Eat fruits and vegetables. Drink water and juice. And again, you establish the number of days.

**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 9:1-3, Joel 2:15-16, Jonah 3:5-10, Acts 27:33-37

**How to Begin** - Start with a clear, specific goal. Why are you *fasting*? Do you need direction, healing, or restoration in your marriage? Are you facing financial difficulties? Ask the Holy Spirit for guidance.

**Deciding What to Fast** - The type of fast you choose 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 meats and sweets, and the only liquid he drank was water. Remember to replace that time with prayer and Bible study, otherwise it's little more than a diet. 😊

**Deciding How Long** - You may fast as long as you like. Will it be one meal? One day? More than that? Most can easily fast from one to three days, but you may feel the grace to go longer, even as much as 21 to 40 days. Use wisdom and pray for guidance. Beginners are advised to start slowly, and perhaps even consult a physician (especially if you take prescription medication or have a chronic ailment).

**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).

**Preparing Physically** - Eat smaller meals during the days leading up to your fast, and avoid foods that are high in fat and sugar. Eat raw fruit and vegetables.

**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. 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.

**Sharing Your Experience Along the Way** – Give us a call (813.960.3030), send us an email ([info@mstarchurch.org](mailto:info@mstarchurch.org)), or visit MorningStar's Facebook page and tell us what God is doing in your life. You may also be encouraged by what you read from others.

**How to End** - Don't overeat when the time comes to end your fast. Begin eating solid food gradually. Eat small portions or snacks.

\*most the above information was borrowed from [jentezenfranklin.org](http://jentezenfranklin.org).