

# **FASTING GUIDELINES**

## **BASICS OF FASTING – Jentezen Franklin**

**SIMPLY STATED, BIBLICAL FASTING IS REFRAINING FROM FOOD FOR A SPIRITUAL PURPOSE.**

According to the Bible, there are three duties of every Christian: give, pray and fast.

Biblical fasting takes a lot of discipline and strength—strength which you can only receive from God. Your private discipline will bring you rewards in Heaven, says Matthew 6.

**When you give God your first through fasting, prayer and giving at the beginning of the year, you set the course for the entire year.**

### **Why Should I Fast?**

1. Are you in need of healing or a miracle?
2. Do you need the tender touch of God in your life?
3. Is there a dream inside you that only He can make possible?
4. Are you in need of a fresh encounter?
5. Do you desire a deeper, more intimate and powerful relationship with the Lord?
6. Are you ready to have heightened sensitivity to the desires of God?
7. Do you need to break away from bondages that have been holding you hostage?
8. Is there a friend or loved one that needs Salvation?
9. Do you desire to know God's will for your life?

### **BIBLICAL FASTING FOCUS**

**1 Timothy 2:1-2 “I exhort therefore, that, first of all, supplications, prayers, intercessions, and giving of thanks, be made for all men; For kings, and for all that are in authority; that we may lead a quiet and peaceable life in all godliness and honesty.”**

**Romans 12:1: “I beseech you therefore, brethren, by the mercies of God, that ye present your bodies a living sacrifice, holy, acceptable unto God, [which is] your reasonable service.”**

**Matthew 6:33 “But seek ye first the kingdom of God, and his righteousness; and all these things shall be added unto you.”**

**Isaiah 58:6 “[Is] not this the fast that I have chosen to loose the bands of wickedness, to undo the heavy burdens, and to let the oppressed go free, and that ye break every yoke?”**

## **BASICS STEPS**

### **Step 1: 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 2: 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 3: 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 to 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 4: 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 5: 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 6: 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 7: Yield All Results to God

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

## **WHY FASTING?**

- Prayer and fasting moves the Hand that controls the universe. Consecrated fasting and prayer opens the Heart of God and the Windows of Heaven and brings the forces of God into action on our behalf.
- What makes fasting with prayer so very powerful? From the early days of the Bible we see that the many great men of God all practiced this custom of fasting, while praying with great intensity to God for breakthroughs.
- Even in modern times, many great men and women of God regularly fast and have at some stage in their lives gone through at least one long (40 or 21 days) period of fasting.
- One of the greatest benefits of fasting is a dramatic increase in the anointing of the Holy Spirit.
- It seems as if something significant takes place when people focus on God with an intensity that denies the very essence of normal survival. God knows and acknowledges when we really get serious with Him.
- Fasting causes the normal metabolism of the human body to be radically affected. Organs, such as the stomach and kidneys get a break while at the same time enabling the spirit of man to be radically empowered and sensitized through prayer and separation.
- Fasting remains the most powerful way to practice self-discipline.
- It is a fact that most times fasting removes the mountains that prayer has been unable to do. Fasting causes us to examine our lives and many times the Holy Spirit will reveal the hindrance albeit, personal change, hidden sins, unforgiveness, wrong attitudes, lust (sexual, gluttony etc.), Some may be seeking the Will of God for their lives. We sometimes need to fast for family members who desperately need a touch from God etc. When people fast, they not only obtain answers to prayers, but also become very sensitive to the voice of the Holy Spirit. Many people in the Bible saw visions and had dreams while they were in a state of fasting.

## **HOW TO BEGIN A FAST** (From: The ABC of fasting by Franklin Hall p.14)

Remember, satan will place oppressed feelings, depression, anti-pleasure, remorse etc. on your way, but in the end the time you spend with God will give you the breakthrough and victory you need.

**FOUR STEPS OF PREPARATION:** (this is for an extended fast of 3 days or more)

**Fourth day before the fast:** Leave off all meat and fried foods in diet.

**Third day before the fast:** Eat mostly green vegetables, cooked or otherwise

**Second day before beginning a fast:** Eat choice of any live foods. Live foods are any uncooked food, such as vegetables, dried and fresh fruit, nuts, etc. These foods contain a plentiful amount of vitamins and minerals. Milk products are also live foods.

**Final day before the fast:** A fresh fruit diet. (eat all that is desired). The reason for the above suggestion is that the body detoxifies before the fast and you don't suffer headaches that are part of the detoxification process.

## **HOW TO BREAK YOUR FAST** (From: The Fasting Prayer by Franklin Hall P.)

Remember to practice extreme self-control when breaking a fast! Great care and self-control should be exercised when any fast longer than three days is broken.

### **AFTER A FAST FROM TWO TO FOUR DAYS:**

**First day:** Three meals of choice fresh fruit, oranges, grapefruit, grapes, apple, peaches, tomatoes, or any other agreeable fruit.

**Second day:** Light vegetable meals. Leave off heavy food for several days.

### **AFTER A FAST OF FOUR TO SIX DAYS:**

**First two days:** Three or four meals of choice fresh fruit or tomatoes. A vegetable meal may be eaten in the evening of the second day. Moderate

amounts of green salads, vegetables, soups, milk and yoghurt can be eaten for the next few days.

### **AFTER FASTING SEVEN DAYS TO TWO WEEKS:**

**First day:** First two meals of fresh fruit juice in six ounce servings. Third meal, choice of fresh fruit. Prune juice is an ideal bowel regulator.

**Second day:** Three or four meals of fresh fruit.

**Third day:** A half pint of any type of milk at each serving, light soups, or very small finely chewed green salads. Yoghurt restores healthful bacteria.

**Fourth day:** Vegetable meals that are green or leafy or milk or soup. Choose a vegetable diet for nearly as many days as you fasted, gradually increase quantity from small diet. Never piece between meals.

### **AFTER A FAST FROM TWO TO THREE WEEKS:**

**First day:** Three meals of fruit juice in four to six Ounce servings diluted approximately with equal amount of water.

**Second day:** Three or four meals of above, in somewhat less diluted and in larger quantities.

**Third day:** Three or four meals of choice fresh fruit. Yoghurt or cultured buttermilk-beneficial.

**Fourth day:** Fresh fruit, milk diet only, soup, or light green salad.

**Fifth day:** Light vegetable meals, fruit salad, soup, or milk diet.

**Succeeding days:** Same as above, but quantity can gradually be increased. Stay with a vegetable diet for approximately as many days as fasted, then slowly go into regular eating but never eat wrongly as one possibly did before fasting. Cereal meals may be added after fifth day.

### **AFTER A FAST OF FROM THREE WEEKS TO FORTY OR MORE DAYS:**

Use same method for breaking the three week fast, except smaller quantities should be eaten and a longer period should elapse before eating regular.

## REWARDS OF FASTING AND PRAYER FOUND IN ISAIAH 58:5-11 (AMP)

1. Is it a fast that I have chosen, a day for a man to afflict his soul? (Amp: To humble himself with sorrow) (This leads to the knowledge of righteousness and humility) Is it to bow down his head like a bulrush, and to spread out sackcloth and ashes? (Amp: To indicate a condition of heart that he does not have) Would you call this a fast, and an acceptable day to the LORD?
2. "Is this not the fast that I have chosen: to lose the bonds of wickedness, to undo the heavy burdens, to let the oppressed go free, and that you break every (Amp: Enslaving) yoke?
3. Is it not to share your bread with the hungry, and that you bring to your house the poor who are cast out; when you see the naked, that you cover him, and not hide yourself from (Amp the needs of) your own flesh?
4. (Rewards of Fasting) Then your light shall break forth like the morning, your healing (Amp: Your restoration and the power of a new life) shall spring forth speedily, and your righteousness (Amp: your rightness, your justice, and your right relationship with God) shall go before you; (Amp: conducting you to peace and prosperity) the glory of the LORD shall be your rear guard. (you will be protected from all sides)
5. Then you shall call, and the LORD will answer; you shall cry, and He will say, 'Here I am.' "If you take away the yoke from your midst, (Amp: Wherever you find them) the pointing of the finger, (Amp: Toward the oppressed of the Godly) and speaking wickedness,
6. If you extend your soul to the hungry and satisfy the afflicted soul, then your light shall dawn in the darkness, and your darkness shall be as the noonday.
7. The LORD will guide you continually, and satisfy your soul in drought, and strengthen your bones; you shall be like a watered garden, and like a spring of water, whose waters do not fail. (NKJV)



# **PRACTICAL GUIDELINES TO THE DANIEL FAST**

## Foods to Avoid:

- No meat, fish and chicken.
- No dairy products and eggs.
- No soups that contain meat.
- Meat, White Rice, Fried Foods, Caffeine, Carbonated Beverages, Foods Containing Preservatives / Additives, Refined Sugar, Sugar Substitutes, White Flour and All Products using it, Margarine, Shortening and High Fat Products.

## Foods You May Eat:

- All vegetables and fruit.
- Nuts, different beans and soy for protein.
- Whole Grains: Brown Rice, Oats and 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, Tangerines, Watermelon etc.
- Vegetables: Artichokes, Asparagus, Beets, Broccoli, Brussels Sprouts, Cabbage, Carrots, Cauliflower, Celery, Chili Peppers, Corn, Cucumbers, Eggplant, Garlic, Ginger-root, Kale, Leeks, Lettuce, Mushrooms, Mustard Greens, Okra, Onions, Parsley, Potatoes, Radishes, Rutabagas, Scallions, Spinach, Sprouts, Squashes, Sweet Potatoes, Tomatoes, Turnips, Watercress, Yams, Zucchini, and 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, and Sprouts.

### Vegetable Soups (Vegetable Stock To Taste):

- Potato and Leek soup • Vegetable soup
- Butternut soup
- Onion soup etc.

### Vegetable Platter for Main Course:

- Potatoes in jackets, avocados, sweet potatoes, corn cobs, aubergines, carrots, peppers, cabbage, cauliflower, broccoli, (of this can be fried up in olive or sunflower seed oil and served as a Mediterranean vegetable dish).

### Fruit and Vegetable Juices:

- Avoid pure, over the counter fruit juices, especially in the morning as the sugar content is too high and if you do take it, take a portion of protein (nuts or protein powder) with it.
- Home made fruit and vegetable juices will require a juice extractor and liquidizer if possible. Or just have the fruit and vegetables in their natural form.
- Vegetables like carrots, spinach, celery, cabbage, beetroot (all raw) need to be juice extracted.
- Fruit like apples can be liquidized or juice extracted.
- Fruit like paw-paws, bananas, pears, berries, can all be liquidized.
- Add a good portion of ice to the mixture and it thins the concentration and increases the volume.
- Once again protein powder can be added (Combine vegetables and fruit juices eg. Juice extracts, beetroot, cabbage, celery and then place in liquidizer with a paw-paw and ice cubes. A few almond nuts can be added. This is a wonderful detoxifier for the body's system).

**DRINK LOTS OF WATER, BUT VERY LITTLE FRUIT JUICE. JUICE IS TOO CONCENTRATED AND ONE GLASS OF APPLE JUICE IS 4-7 APPLES.**

**\*IMPORTANT NOTICE - FOR ANYONE WHO HAS ANY EXISTING MEDICAL CONDITIONS, PLEASE CONSULT WITH YOUR LOCAL GP BEFORE EMBARKING ON THIS DANIEL FAST.**

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