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What to expect and not expect on day one, two,three... tips: physically and spiritually.

Fasting Regularly

Participation in regular fasting as a lifestyle necessitates a healthy lifestyle on days when food is not being fasted, and should include exercise and a proper diet. A “fasted lifestyle” is a disciplined lifestyle, in which we steward our bodies and time with wisdom and diligence. Fasting is not only abstinence; it is an exchange where we abstain from certain things in order to “feast” on God’s Word and prayer, whereby the abundance of His grace is made more readily available to us. When undertaken with this type of commitment, a fasted lifestyle is sustainable on a long-term basis, just as it was for Daniel and his friends (Dan. 1).

The Benefits of Fasting

While the physical impact of fasting is real, the spiritual benefits of fasting are undeniable. Any fast undertaken must be done with spiritual wholeheartedness and wisdom when dealing with our physical body; we must count the cost honestly and honor the temple of the Holy Spirit. Whether we are partaking or abstaining, everything should be for the glory of God.

Physically Preparing for a Fast That Extends More Than Two Days

- ☐ Prepare your body for the fast and prevent constipation during and after the fast by eating certain preventative foods at least two days beforehand (even longer before an extended fast), such as: fresh fruit and raw vegetables, fruit or vegetable juices, oatmeal, etc
- ☐ Eat smaller meals a few days prior to the fast
- ☐ Avoid high-fat and sugary foods before the fast
- ☐ Make your commitment and determine the length. You can fast in many different ways. **Pray and ask God what he will give you faith for in terms of the duration of the fast.**
- ☐ A Daniel fast, with vegetables and water, is good for those carrying a heavy workload
- ☐ A fruit or vegetable juice fast allows you to enter into fasting but still gives enough energy to function. Many people have done a 40-day juice fast. **If you have sugar sensitivities or problems (e.g. diabetes), consult your doctor before attempting this (or any other) fast**
- ☐ A water-only fast has been undertaken by many people. We would not encourage this without strong medical supervision, particularly in the case of young people. Depending on your weight and metabolism, you can go forty days on water alone
- ☐ A total fast is without food or water. **Do not go beyond three days without water.** Discuss your plans with your doctor, church leaders, and spouse or parents. We do not encourage this type of fast without specific confirmation from the Lord through your church leadership or parents

Minors/Children

Minors are discouraged from fasting food and should never engage in fasting without express parental consent and oversight. Minors who desire to fast are encouraged to consider non-food abstentions, such as TV, movies, Internet surfing, video games and other entertainment. If older teenagers do fast food under their parents' supervision, we encourage them to use juice and protein drinks to sustain them, out of consideration for their health and metabolism.

Helpful Hints for Your Fast (Physical)

- Drink plenty of non-tap water. (Drinking at least half of your body weight in ounces of water per day is a good rule of thumb whether you are fasting or not.) Distilled water is most beneficial, but filtered and purified water also work well
- **It is wise to abstain from strong stimulants such as caffeinated and sugary drinks during a fast, including the artificial sweeteners found in diet drinks. Also, avoid soy protein drinks, which have been known to cause health problems during a fast**
- If you are on a juice fast, drink raw fruit juices such as apple, grape and pineapple, which are excellent sources of necessary natural sugar to stabilize blood sugar and keep energy levels up. Orange and grapefruit juice are also good, but these are not recommended for arthritis or allergy sufferers. Monitor juice acidity carefully as it can cause canker sores (mouth ulcers). Raw vegetable juices such as carrot, celery, beet or green vegetable combinations are excellent as well. Fresh fruit and vegetable juices can be made in a juice extractor or purchased ready-made (be sure to buy juices without any added sugars). Some of the benefits of drinking raw juice versus bottled are that it does not stimulate digestion (hunger) and it maintains all of its enzymes and nutritional value
- **Expect some physical discomforts because of the detoxification process, especially on the second day. You may have fleeting hunger pains or dizziness. Withdrawal from caffeine and sugar may cause headaches, but it is a part of the detoxification process. Physical annoyances may also include weariness, tiredness, nausea and sleepiness.**
- During a fast, four major areas of the body are going through a detoxification process. Take care to attend to each of these:
- **The bowels/colon/large intestines** — During a fast of three days or more, taking an herbal laxative (inquire at your local health store) or an enema before bedtime will help eliminate solid waste products; these can cause headaches and sluggishness if left in the body during a fast. This should be done early during the fast and then intermittently throughout the rest of the fast. The body begins detoxifying during a fast, depositing the toxins into the intestines. If you do not take a laxative or an enema, the toxins can hurt your intestines or reabsorb into your bloodstream, making you feel nauseous.
- **The kidneys** — Drinking fruit juices, vegetable juices, broth, or just plenty of water will remove many toxins via the kidneys
- **The lungs** — If strength permits, walk half an hour during the day to help cleanse the lungs. Also do some deep breathing throughout the day by inhaling through the nose and exhaling through the mouth.
- **The skin** — Since one-third of the waste products eliminated during a fast are removed via the skin, adequate bathing is essential. Use a natural bristle body brush or loofah sponge on your skin prior to bathing, to help cleanse the skin.

Helpful Hints for Your Fast (Spiritual)

- Seek advice and permission before the fast. **Seek medical advice before the fast, especially if you have any existing medical concerns or conditions.** If you are under 18 years of age, discuss your desire to fast with your parents. Spiritual covering, submission, and unity are important factors when fasting. Discuss your plans with your church leaders. Remember that fasting is an attitude of the heart! Ask them if they would consider fasting with you.
- Fast and pray in order to humble yourself and purify your worship. In fasting we are not trying to get something from God, but seeking to realign our hearts' affections with His. In fasting we can more readily say, "We love you, Lord, more than anything in the world." Lust of any kind is perverted worship, but fasting enables us to cleanse the sanctuary of our hearts from every other rival.
- Don't boast about your fast. Let people know you won't be eating only if necessary ([Mt. 6:16-18](#))
- Do the fast with someone else. Two are better than one! We encourage parents and kids to consider fasting together. Several generations fasting together has a powerful impact
- Have a clear target as your prayer focus. Without a vision (a clear, prophetic prayer goal), the people perish. Write down your vision, so you can run with it ([Hab. 2:2](#))
- Take time to pray and read the Word. This may seem obvious, but busyness and distractions can keep you from devotions. Reading books with testimonies of victories gained through fasting will encourage you, too. *Shaping History through Prayer and Fasting* by Derek Prince, *Fast Forward* by Lou Engle, and *God's Chosen Fast* by Arthur Wallis are just some of the books about fasting that are available
- Expect to hear God's voice in the Word, dreams, visions and revelations. Daniel prepared himself to receive revelation through fasting ([Dan. 10:1-2](#)). There is a fasting reward ([Mt. 6:18](#))
- Prepare for opposition. On the day of your fast you can bet that donuts will be at the office or in class. Your spouse (or your mom) will suddenly be inspired to cook your favorite meals. Press through. Many times you may feel more tension build at home. Satan tempted Jesus on the fast, and we must expect the same. Discouragement may come in like a flood, but recognize the source and take your stand on the victory of Christ
- If you fail, don't give in to condemnation. The "to fast or not to fast" dilemma can be a major tool of the enemy. Even though you may fail several times, God always extends grace. Just hit the "delete" button and continue on your fast
- Feel free to rest a lot and continue to exercise with supervision
- Breakthroughs often come after a fast, not during it. Do not listen to the lie that nothing is happening. It is our conviction that every fast done in faith will be rewarded

Excerpts from:

International House of Prayer in Kansas City, Kansas, USA - www.ihop.org

Options for Your Fast:

□ ***Full Fast- No solid foods, just liquids***

Suggested drinks, including cleansing elements...

If you are on a juice fast, drink raw fruit juices such as apple, grape and pineapple, which are excellent sources of necessary natural sugar to stabilize blood sugar and keep energy levels up. Orange and grapefruit juice are also good, but these are not recommended for arthritis or allergy sufferers. Monitor juice acidity carefully as it can cause canker sores (mouth ulcers). Raw vegetable juices such as carrot, celery, beet or green vegetable combinations are excellent as well. Fresh fruit and vegetable juices can be made in a juice extractor or purchased ready-made (be sure to buy juices without any added sugars). Some of the benefits of drinking raw juice versus bottled are that it does not stimulate digestion (hunger) and it maintains all of its enzymes and nutritional value.

STARTING YOUR FULL FAST:

LEMON DRINK to cleanse your body of toxins at the start of your Full Fast you will need:

- * 2 tablespoons **FRESH** squeezed lemon or lime juice (approx. 1/2 lemon)
- * 2 tablespoons genuine organic maple syrup, Grade B (the darker the better)
- * 1/10 teaspoon (a small pinch!) cayenne pepper, gradually increase (the more BTUs the better)
- * 300 - 500 ccm (10-14 oz) **purified water**

In a 300ccm (10-ounce) glass (to allow for 227ccm and mixing room): 2 tablespoons fresh (and organic, if possible) lemon or lime juice (absolutely no canned or frozen juice). 2 tablespoons real (and organic, if possible) grade B or C maple syrup. (Don't use Grade A maple syrup or maple-flavored syrup. They are over-refined, which means that they are mostly refined sugars and lack essential minerals.) A small pinch of cayenne pepper (to taste). Spring or purified water, between room temperature and medium hot (but not cold) – fill to 1/4 liter (8 oz). Mix all the ingredients by thoroughly stirring or shaking, and drink. Or, in two 1 liter bottles: Juice of 3 lemons, divided equally between the two bottles (about 85ccm or 3 oz per bottle) An equal quantity of grade B or C maple syrup in each bottle (about 85 ccm or 3 oz per bottle) A pinch of cayenne in each bottle Spring or purified water (fill bottles to the top) Mix all the ingredients by thoroughly shaking; then drink throughout the day. Use fresh lemons or limes only, never canned or frozen lemon juice. Use organic and vine ripened when possible. Also, mix your lemonade fresh just before drinking. Don't mix it up in the morning for the whole day. You can, however, squeeze your lemons in the morning and measure out the 2 tablespoons when needed.

Lemon Drink: Drink the lemon mix every 1 to 2 hours. **Take no other food, but do be sure to drink plenty of purified water in addition to the lemonade drink.** Drink as much of this lemonade as you want, but make sure that you drink at least twelve 1/4 liter (8 oz) glasses. The lemonade contains all the vitamins and minerals you need. You don't have to start your fast on the morning of the first day. You can begin later in the day, even if you've already eaten. Once you begin, however, eat nothing more while you're on the fast.

Salt Water Flush to cleanse your intestines and colon on 2nd day of fast.

Drink an oral salt water enema when you wake up in the morning. To do this, add 2 level teaspoons of **uniodized sea salt** to a quart of lukewarm water (the one-quart juice bottles in which most organic juices come work very well). Shake well, then drink the entire quart. It's also good to massage the colon as well. Make sure you use uniodized sea salt; regular or iodized salt will not have the same beneficial effect. This oral enema will flush out your entire digestive tract and colon from top to bottom, usually within an hour,

prompting you to eliminate several times, clearing out the plaque and debris from the walls, and the parasites that have been living there.

Herbal Laxative:

Each evening you can drink an herbal laxative tea to help with elimination, do this right before bed time.

☐ ***ENDING YOUR FULL FAST (liquid only fast)***

Stanley Burroughs recommends a minimum of 10 days on this. You can safely do 40 days or more.

First Day: Start with 4 oz. [1/8 liter] fresh squeezed orange juice mixed with 4 oz. water. If it goes well, drink several more 8 oz. [1/4 liter] glasses of fresh orange juice during the day. Sip slowly. Dilute with water if needed.

Second Day: Drink several 8 oz. [1/4 liter] glasses of orange juice during the day -- with extra water, if needed. In the evening make a vegetable broth (no canned soup). Use seasonal leafy and root vegetables such as: beets and beet tops, turnips and turnip greens, kale, carrots, onions, parsley, celery, potatoes, okra, one or two inds of legumes, squash, beans, a little salt, cayenne pepper and dehydrated vegetables or veg. powder may be added for flavor (no MSG or hydrolyzed protein).

Cook lightly. Drink the broth, eating only a few bites of the vegetables.

Third Day: Orange juice in the morning. At noon have some more soup with some of the vegetables. No meat, fish, eggs, bread, pastries, tea, milk, or coffee. For Dinner, have the vegetables in the soup.

Fourth Day: Orange juice or lemon and maple syrup in the morning. Fruits, vegetables, seeds, nuts for lunch. Salad or fruit for dinner.

Fifth Day: Eat normally but no junk food, dairy, tea, coffee, white flour or white rice, heavy animal proteins. If, after eating is resumed, distress or gas occurs, go back to the lemon drink diet for a few days until the system is ready for food.

(Excerpt from "Healing for the Age of Enlightenment" by Stanley Burroughs -Stanley Burroughs Master Cleanse - available through Essential Science Publishing.)

Excerpts from: 1. "Healing for the Age of Enlightenment" by Stanley Burroughs -Stanley Burroughs Master Cleanse - available through Essential Science Publishing. 2. International House of Prayer - www.ihop.org

☐ ***Partial Fast-***

Level 1: No meat at all: only fruits, vegetables, rice, nuts, etc

Suggested drinks- water, fruit and vegetable juices –no sugar added. No caffeinated beverages

No coffee, no pop, no desserts, no sugar.

Level 2: No **rich** meats (beef, lamb or pork) Eat only chicken and fish, fruits, vegetables, rice, nuts, etc

Suggested drinks – same as level 1.

No coffee, no pop, no desserts, no sugar.

Level 3: No coffee, no pop, no desserts, no sugar.

Suggested drinks – same as level 1

☐ ***Secondary Fast-***

- ☐ Something of importance that is not food oriented- Recommended for children, teens and people with existing dietary and/or medical conditions that require regular well-balanced eating. *No internet, no video games, no tv, no movies/DVD's, ????

- ☐ For married couples- A sexual fast (**by mutual agreement and set a clear time limit**)

How to Successfully Break Your Fast

- ❑ **Break your fast gradually.** At this point you will need to exercise watchful self-control. Break your fast on a meal that is light and easy to digest (i.e., a pound of grapes, a shredded apple, watermelon or steamed vegetables)
- ❑ **When breaking a fast of ten days or more, the break-in period should be extended one day for every four days of fasting.**
- ❑ A fast of three days or more should never be broken by eating a normal meal (including animal proteins, bread, sugar, dairy and processed foods) because these heavy foods put a severe strain and shock on the digestive organs which have been resting throughout the fast. Eating too heavily after a fast can produce serious discomfort (stomach cramps, nausea and weakness) and can nullify the physical benefits of fasting; it can also cause serious irreversible complications
- ❑ After breaking an extended fast, continue drinking fruit or vegetable juices because the stomach is continuing to detoxify.
- ❑ During any fast exceeding two days, your stomach will shrink. Do not over-expand it again by overeating. If you have been prone to eat too heavily, guard against going back to this habit. If you train yourself to eat more lightly, your stomach will adjust itself accordingly
- ❑ While continuing to drink fruit or vegetable juices, add the following:
 - ❑ **1st–3rd day after the fast (increase amount of days for extended fast)** — Eat fruit and raw/steamed vegetables only. Example meals for the first few days are a pound of fruit, a baked or boiled potato without butter, steamed vegetables, or a vegetable-only salad without oil-based dressing. **Avoid bananas for the first few days; they have no juice in them and can easily cause constipation.**
- ❑ Thereafter — you may return to heavier foods such as animal proteins, but maintaining a healthy diet after the fast will promote lifelong health and allow you to fast correctly in the future
- ❑ Take extra care in breaking a water fast. Begin with drinking fruit or vegetable juices and gradually ease into eating fruit and steamed vegetables
- ❑ It is important after a fast to begin to discern between real hunger and cravings so you do not feed your cravings

This Handout is for Informational Purposes Only

The information in this handout reflects only the limited opinions, experience and suggestions of the IHOP–KC Missions Base and is not meant to substitute the advice provided by your doctor or other healthcare professional. You should not use this information for diagnosing or treating a health problem or disease, or prescribing any medication. Additionally, this information is not intended to diagnose, treat, cure or prevent any disease. These tips have been found helpful and successful, but they are no guarantee you will fast without experiencing any difficulties. You will need to do your own research, talk with health experts and experienced fasters, and continually ask the Lord for increased discernment and wisdom concerning fasting and healthy living.

Additional Resources on Fasting and Healthy Living

The Rewards of Fasting, Mike Bickle and Dana Candler

Fast Forward, Lou Engle

Shaping History through Prayer and Fasting, Derek Prince

The Genesis Diet, Dr. Gordon Tessler

God's Chosen Fast, Arthur Wallis

Hunger for God, John Piper

Fasting: Opening the door to a deeper more intimate, more powerful relationship with God, Jentezen Franklin

www.billbright.com/howtofast/

www.freedomyou.com

Excerpts from International House of Prayer - www.ihop.org