

Relentless Church Fasting Guide

****Always seek the guidance of your medical professional if you have any preexisting conditions or are on medications for any reason****

There are a number of diverse types of fasts that are seen throughout the Bible. Some of the more popular ones are a straight fast, the Daniel fast (this is what we are requesting if you are able), and lastly, some choose to abstain from the things that please them.

- **Straight Fast** - only water during the period of time that you have set aside for God.
 - Esther 4:16 “fast for me, neither eat nor drink for three days, night or day. My maids and I will do likewise.
- **Daniel Fast** – fruits, vegetables, whole grains, seeds, nuts
 - Daniel 10:2-3 “In those days I, Daniel, was mourning three full weeks. I ate no pleasant food, no meat or wine came into my mouth, nor did I anoint myself at all, till three whole weeks were fulfilled.”
- **Pleasurable Fast** - You can also give up things like television, social media, and any other activity that will distract you from hearing from God during this time.

Remember fasting is not about the food you do or do not consume, but the condition of your heart.

16 “And when you fast, do not look gloomy like the hypocrites, for they disfigure their faces that their fasting may be seen by others. Truly, I say to you, they have received their reward. 17 But when you fast, anoint your head and wash your face, 18 that your fasting may not be seen by others but by your Father who is in secret. And your Father who sees in secret will reward you” (Matthew 6:16-18).

Let's go a little closer into what the Daniel Fast is. The Daniel fast is a partial fast and probably the most common fast used in Christian Churches. According to Daniel 10:3, you can consume food but not all types (fruits, vegetables, and whole grains, seeds, and nuts. The focus of a fast is always for there to be a level of sacrifice of the things that we enjoy, in order to seek God and block out distractions. This year we are fasting for health, to seek God's favor for our lives, our purpose, and wisdom in life. Our goal is to focus on these four areas for 21 days.

The Daniel Fast

Types of food included in this Daniel fast:

- Vegetables, such as potatoes, beans, and soybeans will help provide substance. Fresh or frozen vegetables are recommended. If canned vegetables are desired, use sodium free or drain and wash prior to cooking.
- Individuals who have intolerance to beans should substitute with soy products. It is advisable to take a multi-vitamin/mineral supplement during the fast (1 per day). You may also include various nuts to serve as a protein supplement.
- Whole Grains: Brown Rice, Oats (including Oatmeal), Barley and Pasta
- Legumes: Dried Beans, Pinto Beans, Split Peas, Lentils, Black Eyed Peas
- Fruits: Apples, Apricots, Bananas, Blackberries, Blueberries, Boysenberries, Cantaloupe, Cherries, Cranberries, Oranges, Figs, Grapefruit, Grapes, Guava, Honeydew Melon, Kiwi, Lemons, Limes, Mangoes, Nectarines, Papayas, Peaches, Pears, Pineapples, Plums, Prunes, Raisins, Raspberries, Strawberries, Tangelos, Tangerines, Watermelon (Limit your intake to 2 citrus fruits per day i.e., lemons, limes, grapefruits and oranges)
- 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, Collard greens, Turnip greens • Seeds, Nuts, Sprouts, Olive Oil, Seasonings and Spices
- Liquids: Spring Water, Distilled Water, 100% All-Natural Fruit Juices, 100% All-Natural Vegetable Juices (apple juice, orange juice, grapefruit juice, cranberry juice, etc.) No sweetened drinks or sweetened fruit.
- Water: Drink 6-8 glasses of water daily throughout the fast. This is especially important.

Note: To maintain portion control, refer to the USDA Food Pyramid on www.mypyramid.gov for the recommended number of servings per day. For example, limit fruits or vegetables to 7-10 per day and nuts to 12-15 per meal.

Foods NOT included in this Daniel fast:

- Sugar, sugar substitutes and sugar products (desserts, soft drinks, etc.)
- Table or box salt
- Drinks including caffeine (coffee, tea, etc.)
- Bread, enriched grains, and rice

- Meats, fish, poultry, dairy products, eggs
- Fried foods
- Margarine, shortening, high fat products

Side effects:

- You may experience moderate to severe headaches for the first day or two as your body rids itself of caffeine, salt, sugar, and various impurities.
- You may need to take Advil or aspirin. If your doctor has advised against Advil or aspirin, please contact your doctor for an alternative.

Important exceptions:

- Use your discretion along with the advice of your physician and prayer to modify the Daniel Fast to adhere to your medical needs.
- Anyone with a medical condition related to eating or under the treatment of a physician must consult his or her doctor before proceeding.
- Also, if you have extreme difficulty with the fast, such as an impairment of your ability to work at your job, you will have to make adjustments.

Utilize wisdom. Seek the Lord and discuss it with your medical professional to find alternatives.

As we prepare to entreat and delight in the Lord over the next 21-days through prayer and fasting. We want to ensure that you have the tools that will be essential to this journey.

What does this look like?

1. Establish a place and time where you can pray.
 - Prayer is essential, it is how we communicate with God.
 - Prayer is the most essential thing we can learn and do.
 - This is where we talk to God, connect with Him, lay down our burdens at his feet, receive instruction for our lives and commune with Him. It is through prayer that we are able to attract God and His presence to our situation, give charge to our angels to go on our behalf, and combine with faith and transform our situations.
 - Every day spend purposeful time in prayer.

⁶But you, when you pray, go into your room, and when you have shut your door, pray to your Father who is in the secret place; and your Father who sees in secret will reward you [\[a\]](#) openly. ⁷And when you pray, do not use vain repetitions as the heathen do. For they think that they will be heard for

*their many words.*⁸ *“Therefore do not be like them. For your Father knows the things you have need of before you ask Him. **Matthew 6:6-8***

ACTS Prayer Model

We are instructed in Philippians 4:16-17 to always pray. That can seem overwhelming if all of this is new to you. So, we want to provide you with a model of a straightforward way to begin to pray. There are levels to prayer and the more you pray, read your word and develop your relationship with God the deeper and more in depth your prayer life will grow. Start with us here. Much like Jesus modeled a prayer for His followers in Matthew 6:9-13 known as “The Lord’s Prayer”

1. ADORATION to God, is calling out His many names and praising Him for who He has been in your life.
2. CONFESS your sins before a Holy and omniscient God, preparing the way.
3. Come before his presence with THANKSGIVING.
4. SUPPLICATION, make your requests for yourself and others known to God.

When we provide a space and place to meet with God, He can come and be in the midst of us, download His plans for us and give us strategy to accomplish them. Prayer is a pathway into the presence of God which is the ultimate goal of our time in fasting to truly be in His presence and receive instruction.

Bible Study

Bible study is crucial component of our Spiritual Growth. It is God’s Word that gives us the illumination instruction, and inspiration we need for our lives. Here are some practical study tips to help us on our journey.

Study Tips

- Journal about your discoveries and share with prayer group
- Consider reading as a couple or family together for at least 15 minutes a day

S.O.A.P. Bible Study Method

A Simple System for your personal study time.

S.O.A.P. stands for Scripture, Observation, Application and Prayer. It is a way of getting more out of your time in the Word of God. You don't have to be theologian (a person who engages or is an expert in the study of the nature of God and religious beliefs.), in order to study God's word. You only must have the desire and commit yourself to study, and this method helps to make it easy.

- Identify a consistent time and place to meet with God
- Turn off all distractions to focus on your time with God
- Using a bible reading plan or going deeper into our daily devotionals, by branching out to the chapter or book can greatly assist you with your pursuit to study

Scripture

- First, read the entire passage of scripture.
- Then write down the scripture that tugs at your heart.

Observation

- What did you observe about the scripture that stuck out to you?
- Jot down your thoughts, this can be a sentence or a whole book.

Application

- How can you apply this deeper meaning so that it affects your life today?

Prayer

- Write out a prayer to God based on what you just learned and ask him to help you apply this truth to your life.