

Fast Guidelines:

“How should I fast?” The goal is that we all fast and pray together for this 5 day period, moving together as a local church. So choose a fast that will provide an appropriate challenge for you, but doesn't require all your focus and energy just to complete it. The 'win' for this time is not that we reached new heights in our 'fast competition' but that we become more sensitive and empowered as 'workers in His harvest'. In other words, don't choose a fast that will require you to spend all your prayer time praying you will make it through the fast instead of praying for the harvest!

Here is a suggested fast for the 5 days:

(Our fast will start and end at midnight. So our fast day will be the same as our calendar day.). There are 3 starting options. On the first day choose 1 option. Each subsequent day provides another option and you choose to combine any of the options or continue with only one option.

Day 1: (a) Raw fruits and vegetables (b) juices (c) water

Day 2: Add non-dairy smoothies as an option

Day 3: Add steamed or boiled fruits or vegetables as an option

Day 4: Add non-cream based soups and whole grains as an option

For instance, you begin the fast Monday morning deciding to have only water for the first day. Tuesday you had a fruit smoothie for breakfast. Wednesday, you had your breakfast smoothie and some steamed veggies for lunch. Thursday, you had juice for breakfast and a vegetable-broth based soup for dinner. Friday night you had some whole grain pasta tossed with sautéed veggies.

Remember the basic fasting tips:

- If you have medical concerns, seek the advice of your physician about how you should fast.
- Begin removing caffeine and sugar from your diet a few days before the fast begins so you can focus on praying for harvest rather than spending your prayer time asking for relief from your withdrawal symptoms!
- No matter what you choose to include in your fast, drink lots of water (unless of course you have chosen to do a complete fast)
- Go to bed early, especially in the first few days.
- Use the 'better together' principle: make yourself accountable to a small group and make it a priority to attend as many of the corporate prayer times as possible during the week. There is strength in numbers.
- Don't quit if you mess up, just start again. Remember, the goal is unity in prayer, not being 'perfect fasters'.
- Break your fast Saturday with something easy on your digestive system.