Fasting is intentionally giving up something — traditionally food — for a set amount of time in order to pursue spiritual growth. It helps redirect our desires toward God, resist sin and create space for His presence. Fasting and prayer go together; without prayer, fasting becomes only a diet.

Prayer and fasting go together. By denying our bodies, we awaken hunger for God and remember that He alone satisfies. Prayer helps us tune our hearts to God's presence, as we resist sin, distraction and the schemes of the enemy.

Through prayer and fasting, we follow Jesus' example and teaching *(Matthew 6:16; 4:1–11)*, and we express longing for His return.

HOW TO START A FAST

1. Prepare

Spiritually with prayer for guidance and purpose & physically by easing into and out of food-based fasts over 1-2 days.

2. Make a Plan

Decide on a food fast or a non-food fast.

FOOD FASTS:

Complete Fast: Only water.

Juice Fast: Juices + water.

Daniel Fast: Fruits / vegetables only.

Partial Fast: Skip one meal / day or fast specific hours.

NON-FOOD OPTIONS:

- Screens / Digital media
- Social media
- Silence (limited speech)

3. Consider Your Reality

If you have health concerns *(or history with an eating disorder)* choose a non-food fast. Choose something challenging, but realistic if fasting is new to you.

4. Decide When & What You'll Do Instead of Eating

Use mealtimes for practices that draw you to God: Bible reading, prayer, journaling, visiting or writing to someone you're praying for, or joining community moments with juice instead of food.

GUIDANCE WHILE FASTING

1. Look Within

Removing food often exposes what you run to for comfort or security. Pay attention — this is where God brings transformation.

2. Look Around

Fasting increases awareness of God's work in others, your city and the world. Stay attentive to His invitations.

3. Notice What Sticks

Scriptures, thoughts or conversations that linger may signal God's prompting.

4. Avoid Comparison

Your fast is between you and God. Choose obedience over competition or guilt.

5. Consider Others

Think through family routines, communicate with kids and plan around shared meals.

WHAT FASTING IS NOT

Fasting is NOT a way to force God to answer our prayers; it aligns us with His will.

Fasting is NOT a weight loss program; seeking God's presence is more important than cutting calories.

Fasting is NOT supposed to be easy. Temptation, distraction and discouragement don't mean you're doing it "wrong."

FINAL TIPS

- Drink plenty of water.
- Create a simple fasting calendar.
- Prepare foods/supplies ahead of time.
- Stay in community for encouragement.

Don't quit if you slip — God's mercies are new every morning *(Lamentations 3:22–23).*