

# Practicing Hunger Fasting Guide

This is a guide to help you prepare and to navigate through a time of fasting. Use this to help fill out your fasting plan.

## 1. Setting Goals and Expectations

- a. Why are you fasting?
- b. How long are you planning to fast?
- c. Review your personal and family calendar and identify any potential interruptions.
- d. Reschedule any events or appointments that could conflict.
- e. Have a plan for how to handle any impromptu events.
- f. Announce your fasting dates to your family. You do not need to explain the specifics as to why you are doing the fast if it is personal.

## 2. Physically - before and during

- a. Remove your convenient favorite snacks
- b. Caffeine reduction gradually if you can't drink black coffee.
- c. Take electrolytes or use Himalayan Sea Salt in water - just a pinch.
- d. Remove emotional attachment to food (leftovers will spoil).
- e. Don't gorge yourself before you begin your fast.
- f. Consider doing a cleanse. Master Cleanse - salt water flush.
- g. Get a water bottle for home and work and drink plenty of water.
- h. Reduce your carbohydrates a day or two before you start you fast.

## 3. Determine priorities and values to set during the fast

- a. What events do I choose to do?
  - i. Need go to work
    1. Plan your commute - what will you listen to or read?
    2. Think of how to handle lunch time?
    3. If coworkers ask you can explain that you are on a liquid fast or a cleanse.
    4. If you can spend quiet time during lunch or on breaks reading the bible, listening to worship music or journaling.
    5. Go for a walk on your breaks.
  - ii. Time with your spouse in the morning, time with family, etc.
  - iii. Daily walk, exercise, etc.
- b. What will you choose NOT to do?
  - i. Limit or eliminate any possible carnal nature feeding activities: TV, social media, secular music, video gaming, etc. Target any self-centered pursuits (DSDs)
  - ii. Complete Priority and Values Worksheet to gain a view of what you should focus on reducing or eliminating. Very thought provoking in reviewing this toward the end of your fast.
  - iii. Decide what other events that you will not do because of distraction.

1. Grocery shopping
  2. Cook food for the family
  3. Watching sporting events due to associated food
- c. What you want to do.
- i. Overall Motivation
    1. Actively engage your will: Do not be passive
    2. Relationship vs Legalism / Vertical vs Horizontal
    3. Hunger and desire come from exercising your will from within, not from self-imposed or external religious requirements - examine your motives.
  - ii. Quiet time
    1. Scheduled - early in the morning, during meal times, etc.
    2. Impromptu - commuting or in the middle of the night.
  - iii. Devotions and Bible reading
    1. Choose scripture that is related to your goal (not necessarily reading the book of Leviticus).
    2. Do not choose too much content that will be difficult to complete daily. Focus on quality and not quantity.
    3. Choose a devotional that is concise and to the point - depending on the amount of time that you have.
    4. Remember that the point is not to be doing busy work for God but to be spending time with Him - have a balance
  - iv. Praying
    1. Pray for the focus of your fast.
    2. Family & relationships
    3. Church prayer list and pastors
  - v. Meditating on God
    1. Worship music - vertical (first person - directed to God)
    2. Journaling - reflecting and writing down insights (Fasting Journal Template).
    3. Practicing His Presence - being mindful that God's presence is with you continually and making the most of every opportunity
- d. Write down your plan and review it daily
- i. Keep your fasting plan in front of you - on your mirror, inside your journal cover or bible cover.
  - ii. Take notes of how your fast went - good and bad for improving future fasts.

**4. Abstaining from food during a fast is the turning point in your battle with the carnal nature and it will strengthen your spiritual nature. If your flesh has never been told "No" to food before, expect a tantrum from it. Don't give in!**

Use this as a starting point but you will have your own set of unique situations that you will need to consider.