



# THE SECRET TO EXTENDED FASTS

*Understanding The 5 Phases of Fasting*



The Secret to Extended Fasts

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However, this kind does not  
come out except by prayer and  
fasting.

*-Matthew 17:21*

# THE BLESSING OF FASTING

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Welcome to an incredible spiritual adventure! God has blessed me with a genuine passion for fasting and I'm excited to share it with you in this mini-book.

On these pages you'll find the information I *wish* had been available to me when I first began this journey some twenty-years ago. It would have made my experiences both more enjoyable and more powerful.

**The Secret to Extended Fasts** is a secret no more! You are about to gain a profound understanding of The 5 Phases of Fasting. Armed with this vital insight, you will be ready to contend for the kind of breakthrough that can only come through prayer and fasting.

**BATTLE  
FOR  
THE SOUL**

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*PHASE 1*



# PHASE 1: BATTLE FOR THE SOUL

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- Phase 1 is marked by food cravings, along with mental and emotional turmoil.
- Your soul encompasses your mind, will and emotions.
- Your soul seeks to have the preeminence over the **thoughts** you think, the **decisions** you make and the **emotions** you experience.
- All of us are either Spirit-Led or Soul-Driven. This will manifest itself clearly during Phase 1. The more Spirit-led you become, the less of a battle you will experience during this time.

# PHASE 1: BATTLE FOR THE SOUL

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- The more you have allowed your life to be governed by the words, “I want, I think and I feel,” the more difficult Phase 1 will be for you.
- Evidence of a Soul-Driven life is also found in statements like “I don’t want, I don’t think and I don’t feel.”
- “I don’t want to starve myself, I don’t think I can do this and I don’t feel like continuing this fast” are all statements flowing from the soul.

# PHASE 1: BATTLE FOR THE SOUL

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- The Spirit-led person says, “Not my will, but thine be done.”
- The Spirit-led person is governed by the Word of God and the Will of God and seeks to walk in the Ways of God.
- The glorious news is this: fasting is a great way to escape a Soul-Driven life and begin to walk as a Spirit-led believer!

# PHASE 1: BATTLE FOR THE SOUL

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- Phase 1 can be daunting, but it only lasts a couple of days.
- The more often you fast, and the stronger you become at living a Spirit-led Christian life, the easier you may find Phase 1 to be.
- Be patient with yourself. Give yourself grace and time.
- Phase 1 will get *easier* as you routinely practice the spiritual discipline of extended fasting, but it may or may not ever become *easy*.

# PHASE 1: BATTLE FOR THE SOUL

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- In my own experience, and the experience of students involved with corporate fasts which I have been honored to lead, I've found that every fast is unique.
- Sometimes Phase 1 seems nearly impossible to press through. Other times it is a breeze.
- I have even had experiences where Phase 1 lasted only for fleeting moments during the first day and then was over.
- The essential point: Do not be surprised by Phase 1. It is a normal part of fasting.

# PHASE 1: BATTLE FOR THE SOUL

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- It is very important to remember: your soul is LYING to you during Phase 1. Whatever you may think or feel, you are not hungry. *It is a physiological impossibility to experience true hunger that quickly!* You may be craving food, but that is not genuine hunger.
- In summary, Phase 1 is a period of submitting your soul (what you want, think and feel) to the Holy Spirit and choosing to fast even though you don't want to, are tempted to change your mind and don't feel like continuing!
- Phase 1 typically lasts 1-2 days.



# BATTLE WITH YOUR BODY

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*PHASE 2*

## PHASE 2: BATTLE WITH YOUR BODY

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- Phase 2 is often (although not always) marked by fasting symptoms such as weakness, fatigue, chills, headaches, nausea, dizziness and moodiness.
- The severity of the symptoms will depend on a variety of factors, the most significant of which is how accustomed your body is to fasting.
- One way many of my students have improved their bodies' adaptation to Extended Fasting is by doing a mini-fast each day as a permanent lifestyle choice.

## PHASE 2: BATTLE WITH YOUR BODY

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- A daily mini-fast can also be called **Intermittent Fasting** and has become a very popular approach to health and weight loss.
- In simplest terms, a daily mini-fast means decreasing the number of hours during which you eat and increasing the number of hours per day during which you give your body a rest from digestion.
- You can begin to adapt to a lifestyle of fasting by refraining from eating at least 3-4 hours before going to bed each day.

## PHASE 2: BATTLE WITH YOUR BODY

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- You can also increase your daily fasting or Intermittent Fasting window by delaying breakfast.
- There are many benefits to Intermittent Fasting which are beyond the scope of this teaching. My point here is that it's one way to make Phase 2 of an Extended Fast more manageable.
- Another factor in Phase 2 is how “toxic” your body is. If you routinely consume a significant amount of caffeine, sugar, refined carbohydrates and other processed foods, you will have a much harder time in Phase 2 than someone who eats a healthy diet.

## PHASE 2: BATTLE WITH YOUR BODY

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- A third and final factor impacting Phase 2 is how often you have completed Extended Fasts previously. Your first Extended Fast is likely to be your most difficult.
- This is why I often recommend beginning with shorter fasts and building up to longer fasts as you become more experienced and your body becomes more accustomed to the process.
- Bottomline: **Phase 2 is the most difficult phase!** It is difficult for everyone. Nothing unusual is happening to you!

Dear friends, do not be surprised at the fiery ordeal that has come on you to test you, as though something strange were happening to you. But rejoice inasmuch as you participate in the sufferings of Christ, so that you may be overjoyed when his glory is revealed.

*- 1 Peter 4:12-13*

## PHASE 2: BATTLE WITH YOUR BODY

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- Phase 2 typically lasts 1-2 days (So usually Days 3-4 are the hardest.)
- If you can ‘beat your body and make it your slave’ as the Apostle Paul proclaimed in 1 Corinthians 9:27, you are well on your way to the greatest spiritual and physical experience of your life!

# THE FASTING ZONE

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*PHASE 3*



## PHASE 3: THE FASTING ZONE

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- People are often astonished when I say I have routinely fasted for 10-14 days or even 21 days and that I once fasted for 40 days.
- They say, “I could NEVER do that!”
- My response is always the same, “That’s probably because you have only ever fasted 1-3 days which is the hardest part!”
- If every day was as challenging as those first few days (Phases 1-2), NO ONE could fast for very long!

## PHASE 3: THE FASTING ZONE

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- Here's the glorious news: after suffering in Phases 1 and 2, you will step into an amazing place in Phase 3.
- The Fasting Zone is that place where “the things of this world will grow strangely dim in the light of his glory and grace,” to borrow the words of that old praise chorus. (By the way, I'm convinced it was written by someone in The Fasting Zone.)
- Although it's beyond the scope of what I can cover in this short resource, The Fasting Zone is not merely spiritual. It is physical.

## PHASE 3: THE FASTING ZONE

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- Scientists have documented that, during this Phase, the part of your brain responsible for cravings essentially shuts down. And other parts of your brain come alive.
- It's not 'your imagination.' It's a physical reality.
- You will KNOW, with certainty, when you have entered Phase 3, The Fasting Zone.
- Food temptations will all but disappear.
- You will feel light, energized and spiritually more aware.

## PHASE 3: THE FASTING ZONE

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- Phase 3 is characterized by little or no interest in food and a heightened sensitivity to spiritual realities.
- Here's the rock solid litmus test I share with all of my students: "You will know for sure that you are in The Fasting Zone when you think to yourself, 'I could fast forever! I can't even remember why I ever cared about food. Why didn't I fast like this all along?'"
- When you reach that point, let me strongly encourage you to continue with your fast until Phase 4 occurs.
- You will be able to fast for 7, 10, 21 or even 40 days.



# THE TERMINATION PHASE

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*PHASE 4*

## PHASE 4: THE TERMINATION PHASE

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- Phase 4 is where I part company with the overwhelming majority of teachers on the issue of fasting.
- While I agree that is important to set a goal for the number of days you would like to fast or even feel led to fast, I believe we must be Spirit-led not number-driven.
- I do NOT believe that we, as believers, should be governed by law, but by grace.

## PHASE 4: THE TERMINATION PHASE

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- There may come a point in time, even before the pre-determined number of days unfolds, when your body alerts you that you need to eat.
- This is called ‘true hunger’ and it is a warning sign that must be heeded or you may risk serious physical harm to your body.
- The return of ‘true hunger’ indicates that starvation has begun to occur and your body is now drawing upon live, healthy tissue.
- It is time to end the fast.

## PHASE 4: THE TERMINATION PHASE

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- Let me guess what you are thinking! ‘Donna, didn’t you just say I shouldn’t listen to my soul or body?’
- That is true to a point. In Phase 1, your soul is lying to you. You are NOT hungry after 1-2 days of fasting! In Phase 2, your body is lying to you. You are NOT sick, you are detoxifying.
- But once you have entered The Fasting Zone and remained there for some time, truly feeling with your whole body and soul that you could fast forever and have no interest in food...then when your body says, “I need to eat,” you must trust it.

## PHASE 4: THE TERMINATION PHASE

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- The difference between Phase 4 and the first two Phases is Phase 3! Now that Phase 3 has occurred and you've been in The Fasting Zone for some number of days, you can trust your body (and even your soul) to tell you the truth.
- The Termination Phase might occur anywhere between 7-40 days into your fast.
- One famous proponent of fasting (whose book was extremely influential in my first fast) goes so far as to say that if you commit to x number of days to fast and fall short of that mark, you have sinned.

## PHASE 4: THE TERMINATION PHASE

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- This attitude has put a heavy burden of condemnation on many Christians. It has also prevented many people from embarking upon a fast for fear they may fall short and ‘disappoint’ God.
- Your goal in fasting is NOT to fast x number of days.
- Your goal in fasting is to enter The Fasting Zone and remain there as long as the Holy Spirit gives you the grace to continue, whether that is for 7 days, 10 days, 21 days or even 40 days.
- I have found His grace and guidance to be sufficient and faithful. I’m confident it will be the same for you.

## PHASE 4: THE TERMINATION PHASE

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Be alert to the following symptoms:

- Hunger PAINS in your stomach.
- Sudden nausea, diarrhea or vomiting late in the fast  
*(these are normal in the first few days)*
- Pain in the chest.
- The voice of the Holy Spirit saying, “Your fast is complete.”

# PHASE 4: THE TERMINATION PHASE

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In Summary:

- Phase 1: Your Soul is Lying to You.
- Phase 2: Your Body is Lying to You.
- Phase 3: Your Body & Soul are Silenced and Your Spirit comes *ALIVE* in a Fresh Way.
- Phase 4: Your Body & Spirit Tell you the Truth.

# GRIEVING THE FAST

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*PHASE 5*



## PHASE 5: GRIEVING THE FAST

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- God has blessed me with a passion for fasting. Therefore, I have read dozens of books and hundreds of articles on the subject.
- Yet no one prepared for the Phase 5.
- Even though I had fasted many times, Phase 5 *always* caught me by surprise. Finally, I recognized it as an inevitable part of every Extended Fast.
- The grief is likely to begin within 24 hours of completing your fast.

## PHASE 5: GRIEVING THE FAST

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- Whether you fasted for 10 days, 21 days or even 40 days, you WILL mourn your decision not to continue.
- You will grieve for the loss of The Fasting Zone experience.
- You will grieve the return of “normal” life and the first experience of temptation to eat inappropriately.
- Much will be accomplished during your Extended Fast, but you will, for the most part, return to a “normal life” and it will indeed seem strange and sad to you.

## PHASE 5: GRIEVING THE FAST

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- As with all other Phases of an Extended Fast, it helps to know what to expect so that you are not caught off guard and so that the enemy of your soul cannot lie to you, telling you ‘There’s something wrong with you.’
- The enemy will try to whisper discouragement: “Nothing was accomplished. You haven’t changed a bit. Why did you bother?”
- That is why I always make a list before my fast, outlining exactly why I’m fasting. Then I ask Holy Spirit to show me, clearly, what was accomplished through the fast.

## PHASE 5: GRIEVING THE FAST

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- The best way to minimize the grief is by keeping a daily journal throughout your fast, sharing what the Lord speaks to you and what you sense is being accomplished along the way.
- Reading and re-reading this journal will help alleviate the grief...but you *will* almost certainly grieve the fast. It is a normal part of the process.

# YOUR NEXT STEP

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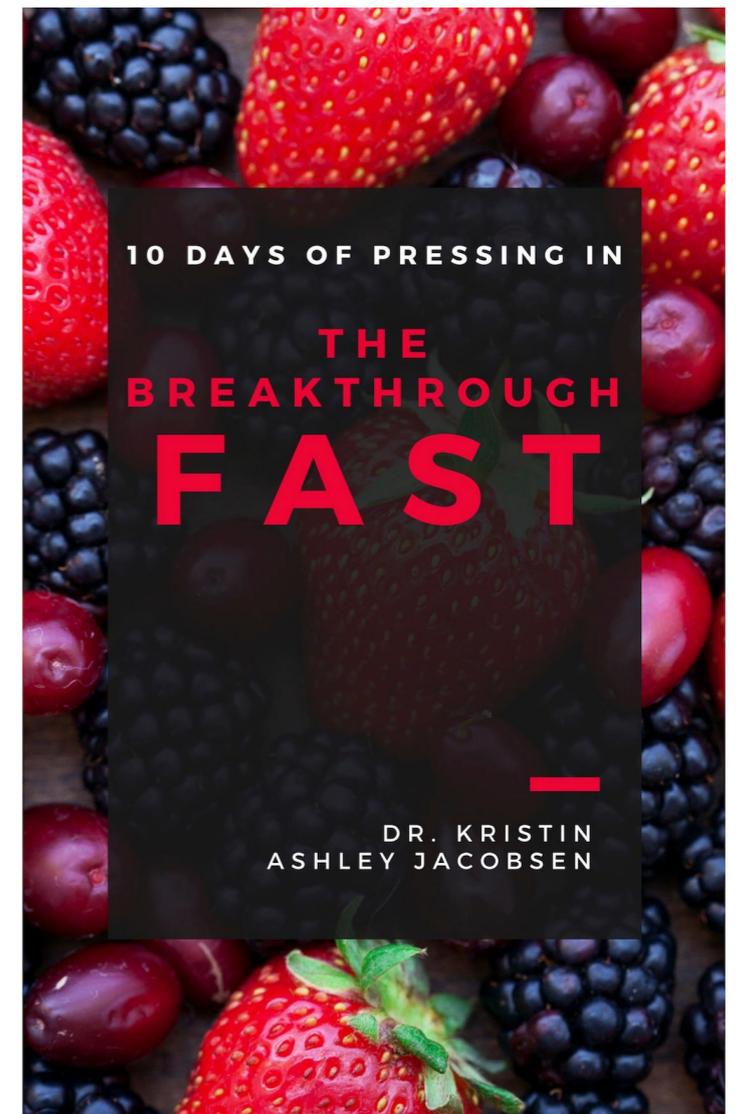
*Are you ready?*



# YOUR NEXT STEP

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- I pray this resource on **The Secret to Extended Fasts** will continue to serve as a powerful tool in your spiritual arsenal.
- For additional help, our WEU medical advisor, Dr. Kristin Ashley Jacobsen has prepared a guide that tells you exactly what to consume to safely complete your first 10-Day Fast. Get your copy of *The Breakthrough Fast* for just \$7.
- Visit: [www.donnapartow.com/10-day-fast](http://www.donnapartow.com/10-day-fast)



# YOUR NEXT STEP

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- I have also prepared a FREE 1-hour webinar on 7 Steps to Unleash the Power of God, which I'm certain you will find extremely helpful as you fast.



# ABOUT DONNA PARTOW

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Donna Partow's best-selling books, including *Becoming a Vessel of God's Power*, have sold more than a million copies worldwide. As the founder of Women's Empowerment University, she empowers women with sound spiritual and practical strategies to fulfill their destinies.

Donna's strong prophetic gifting enables her to accurately hear God's highest and best will for your life...and her Jersey Girl background gives her the boldness to proclaim until you believe it for yourself.

You can join her FREE Facebook Group, [God's Soar Team](#).



# DISCLAIMER

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This booklet is designed to provide you with general information about completing a spiritual fast. If you are concerned at all about engaging in a fast, please consult your personal, primary care physician.

The opinions expressed within this guide are published here for educational and informational purposes only, and are not intended as a diagnosis, treatment or as a substitute for professional medical advice, diagnosis and treatment. You must not rely on the information here as an alternative to medical advice from your doctor or other professional healthcare provider. If you have any specific questions about any medical matter, you should consult your personal doctor or other professional healthcare provider. If you think you may be suffering from any medical condition, you should seek immediate medical attention.

It is important that you have had a current health check by your primary physician so that you can gather all the information about your health (ex. age, health history, symptoms, etc.) to determine your health status. The information provided through Donna Partow and WEU is not intended to substitute for consultations with your doctor, nor medical advice specific to your health condition.

# DISCLAIMER

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Fasting is not recommended for the following:

- People who are underweight or have an eating disorder.
- Children (under 18 years old)
- Type 1 diabetics and diabetics taking medication for their diabetes (other than Metformin)
- Pregnant women or breast feeding mothers.
- People recovering from surgery.
- Those who are frail or have a significant underlying medical condition should speak to their doctor first, as they would before embarking on any weight-loss regime.
- Those who are not sure about whether it may affect their prescribed medications should to speak to their doctor first.
- People feeling unwell or have a fever.
- Those taking Warfarin should consult their doctor first as it may increase their INR.
- People with a history of serious mental health problems.

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