



## A 10 Day Fast

### Theme: An Abundant New Life

*"I am come that they may have life and may have it more abundantly.~ John 10:10*

As we dedicate the planting of this new church work back to God, we seek to be a ministry that creates transformative environments whereby people can connect to Jesus, grow in faith and experience abundant new life to the glory of God and social betterment of the world. If you'd like to spiritually partner with us during this vital season of as we launch a new church, or perhaps you simply want to grow and go deeper in your relationship with God, then consider joining us on a 10 Day Church-wide Fast.

As you practice seeking Him first, He will move on your behalf like never before. You will start to see the power of prayer impact your relationships, work, family and every area of your life.

The goal of fasting and prayer is to draw nearer to God. Biblical fasting always has to do with eliminating distractions for a spiritual purpose; it hits the reset button of our soul and renews us from the inside out. It also enables us to celebrate the goodness and mercy of God and prepares our hearts for all the good things God desires to bring into our lives.

## TYPES OF FASTS

Your personal fast should present a level of challenge, but it is very important to know your body, your options, and most importantly, to seek God in prayer and follow what the Holy Spirit leads you to do.

### **COMPLETE FAST**

In this type of fast, you drink only liquids, typically water with light juices as an option.

### **DANIEL FAST**

This type of fast involves removing certain elements from your diet. One example of a selective fast is the Daniel Fast, during which you remove meat, sweets, and bread from your diet and consume water and juice for fluids and fruits and vegetables for food.

For more information on the Daniel Fast go to [www.danielplan.com](http://www.danielplan.com)

---

### **PARTIAL FAST**

This fast is sometimes called the "Jewish Fast" and involves abstaining from eating any type of food in the morning and afternoon. This can either correlate to specific times of the day, such as 6:00 am to 3:00 pm, or from sunup to sundown.

### **SOUL FAST**

This fast is a great option if you do not have much experience fasting food, have health issues that prevent you from fasting food, or if you wish to refocus certain areas of your life



that are out of balance. For example, you might choose to stop using social media or watching television for the duration of the fast and then carefully bring that element back into your life in healthy doses at the conclusion of the fast.

## CREATING A LIFESTYLE OF PRAYER

*Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a solitary place, where He prayed. MARK 1:35*

---

Prayer is most effective when it isn't something we do every now and then, but when it's a lifestyle we cultivate. To understand how to have a lifestyle of prayer, we can look at the example Jesus gave during His life on earth.

### ***Have a Certain Time***

Jesus got up early in the morning to spend time with His Heavenly Father. Make a daily appointment with God — whether it's first thing in the morning, at lunch, or in the evening — and faithfully keep it.

### ***Have a Certain Place***

Jesus had a specific place He went to pray. Having a designated place to pray helps us remove distractions and frees us to worship and pray out loud.

### ***Have a Certain Plan***

When Jesus taught His disciples how to pray, He gave them a prayer outline. We call it "The Lord's Prayer." This outline, along with several other tools, is available in this guide. As we pray every day, our plans for our prayer time can vary, maybe including worship music, Bible reading, and quiet time to listen to God. It doesn't always have to look the same; it just helps when we have a plan for connecting regularly with God.

## **GUIDELINES:**

These are guidelines, not laws. Sometimes we have to say no to something in order to say yes to God. The goal is not to be legalistic; the goal is to draw nearer to God. *If you have health concerns, DO NOT ATTEMPT A FOOD FAST WITHOUT CONSULTING YOUR DOCTOR*, a soul fast may be a better option for you. These guidelines are recommendations only, any of them can be modified but start somewhere — even if it is a small change, any change will reap spiritual benefits. Be open to the process, find a prayer partner to journey with you for the next 10 days and watch God work!

- Pray for 10 minutes a day
- Read your Bible 10 minutes a day
- Fruits, Vegetables and Water (for those electing Daniel Fast or Partial Fast)
- No fast foods, fried foods or junk food
- No sweets
- No Sodas
- No Beer, Wine, Liquor

- No Cursing
- No Displays of Anger
- No Illegal Drugs
- No Sex Outside of Marriage

Soul Fast Options (begin by eliminating once a week)

- No Television, Netflix, Hulu, Movies, Gaming (other forms of digital entertainment)
- No Gossip, critical or judgmental speech
- No Spending money on frivolous or unnecessary wants (clothing, shoes, personal items, etc.)
- No Social Media
- Fast from unforgiveness by choosing to reconcile and forgive someone where safe to do so.
- Feast on generosity by performing a random act of kindness.
- Feast on gratitude by sending a handwritten or email note of thanks.
- Close every evening by journaling