

Fasting Guide
TWENTY TWENTY



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fasting

BUT WHEN YOU FAST, COMB YOUR HAIR. AND WASH YOUR FACE. THEN NO ONE WILL NOTICE THAT YOU ARE FASTING, EXCEPT YOUR FATHER, WHO KNOWS WHAT YOU DO IN PRIVATE. AND YOUR FATHER, WHO SEES EVERYTHING, WILL REWARD YOU.

Matthew 6:17-18



10 Reasons to Fast

1. To release the life of Christ inside you
2. To see answer to prayers from things the enemy has held up.
3. To break through in the spiritual realm and shift Hell out of the way.
4. To honour God in our bodies.
5. To tap into the supernatural and become sensitive to the voice of God.
6. To grow closer to God through right motives and a clean heart.
7. To break the strongholds of injustice off our nation, families, and circumstances.
8. To develop the fruit of self-control.
9. To advocate for physical health.
10. To restore the old waste places and see the things that were in ruin rebuilt again.

WATER FAST

Water fasts are difficult, but are very beneficial spiritually, physically, mentally, emotionally. This type of fast should be approved by your health care provider. Desperate times, desperate measures. Esther called a full fast when there was a threat to Jews. (Esther 4:15-17)

PARTIAL FAST

Examples of a partial fast include:

- Intermittent Fasting (16/8, etc.)
- Daniel Fast (only fruits, veggies, nuts, seeds)
- Liquids only
- 1 meal/day

SWEETS

Cutting refined sugar cold-turkey can cause headaches and lethargy as your body adjusts. Try slowly cutting them out to avoid these effects.

INTIMACY FAST

1 Corinthians 7:5-6
Do not deprive one another except with consent for a time, that you may give yourselves to fasting and prayer; and come together again so that Satan does not tempt you because of your lack of self-control.

SOCIAL MEDIA FAST

Social Media is a major part of our culture, but it can distract us from seeking God with all our heart. Try skipping the scroll on other people's highlight reels and reach for the Scroll that will leave you feeling filled and secure.

FASTING PREP



NO SUGAR // NO CAFFEINE // NO
ADDICTIVE FOODS OR DRINKS

Preparing for a fast is important. Most people quit their fasts early because they weren't aware of what to expect. It's normal to feel tired and experience headaches in the first few days of your fast.

Don't quit sugar, caffeine, breads, etc. cold turkey. Try going without it for as long as you can on the first day and then have a small pre-determined amount. Try again the next day. It will be much easier. Within 7 days, you will be able to avoid these types of foods without the negative results.

LIMITED EATING

This fast incorporates partial fasts throughout the entire 40 days.

Some days will utilize intermittent fasting, which means that you eat only during a small window of time.

Other days will incorporate a Daniel Fast, which includes only consuming fruits, vegetables, nuts, and seeds. On these days, you can eat as much as you want, as long as they fall into one of those categories.

PARTIAL FAST



FULL FAST



WATER ONLY

This guide incorporates a 3-day water only fast. You can rearrange the days so that they don't fall on physically strenuous days. There are also a few 1-day water only fasts. Know your body and what you can handle. Don't get down on yourself if you can't complete the water only fasts. Do your best and remember that the goal is to seek God, not become self-critical.

Anna fasted awaiting the Messiah.
Luke 2:36-37

1

David fasted for his sick child.
2 Samuel 12:14-16

2

Esther fasted for the safety of Jews.
Esther 4:15-17

3

Daniel
Daniel 1; Daniel 10:1-2

4

Jesus fasted in preparation.
Matthew 4:1-11; Luke 4:1-13

5

5

EXAMPLES IN
THE BIBLE

PURPOSE

GOALS

goals



EXPECTATIONS

expectations

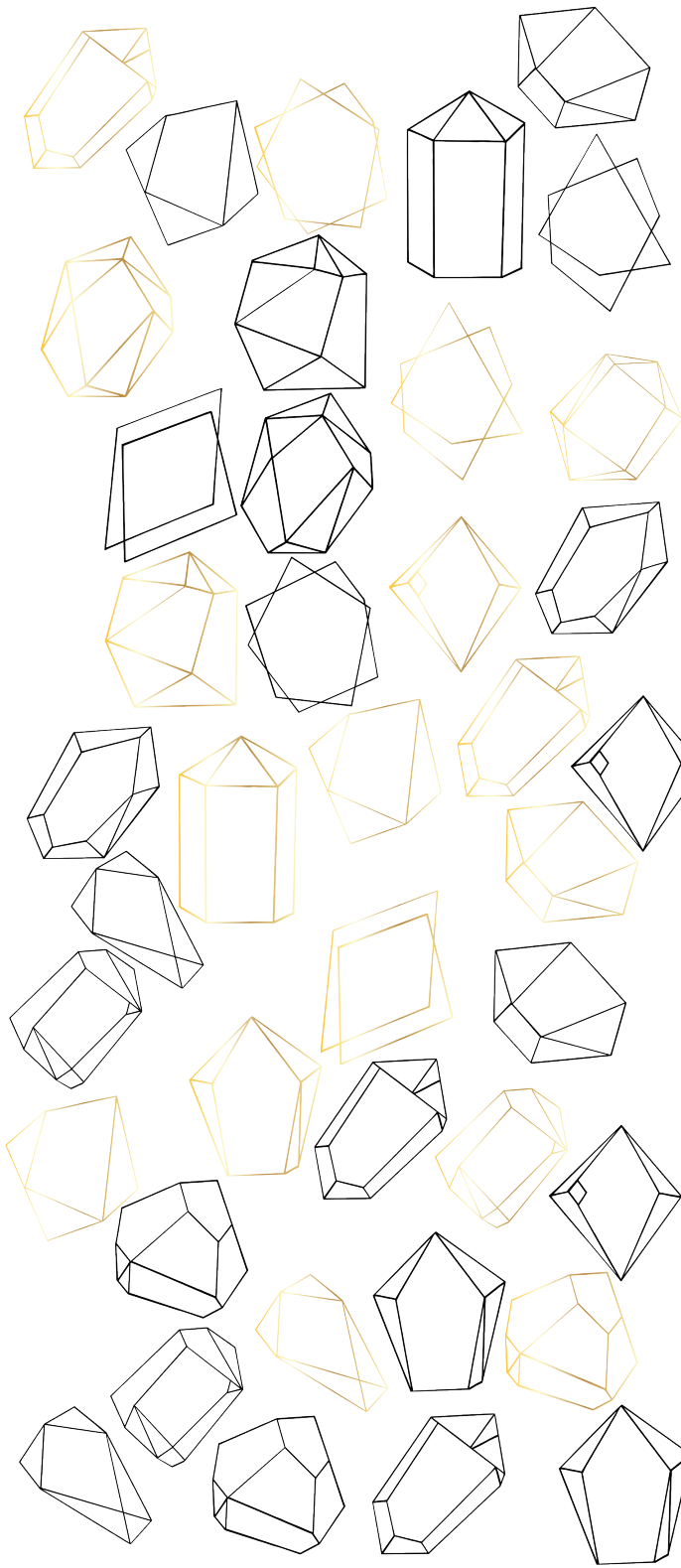


STRUGGLES

struggles



TRACKER



week 1
week 2
week 3
week 4
week 5
week 6

WEEK ONE



DETAILS

FASTING PREP // WATER FAST

DAY 1-2
1 CAFFEINATED BEVERAGE AT 2PM
DAY 3-4
NO CAFFEINE // NO BREADS
DAY 5
WATER ONLY
DAY 6-7
COMPLETELY SUGAR & CAFFEINE FREE



FOCUS

SEEKING GOD'S PRESENCE

MATTHEW 6:33
SEEK YE FIRST THE KINGDOM OF GOD,
AND HIS RIGHTEOUSNESS; AND ALL
THESE THINGS SHALL BE ADDED UNTO
YOU.



CONFESSIONS

JOURNAL // PRAY

JEREMIAH 29:13
PSALMS 70:4
PSALMS 77:2
LUKE 12:31
PSALMS 105:4
PSALMS 9:10

NOTES

Lined writing area with horizontal gray bands and dotted lines.

WEEK TWO



DETAILS

PARTIAL FAST

DAY 8-14
CONTINUE WITHOUT ANY SUGAR AND
CAFFEINE.
LOAD UP ON FRUITS, VEGGIES, NUTS, AND
SEEDS.



FOCUS

HEART AFTER GOD

PSALMS 1:2-3
BUT HIS DELIGHT IS IN THE LAW OF THE
LORD, AND IN HIS LAW HE MEDITATES
DAY AND NIGHT. HE SHALL BE LIKE
A TREE PLANTED BY THE RIVERS OF
WATER, THAT BRINGS FORTH ITS FRUIT IN
ITS SEASON, WHOSE LEAF ALSO SHALL
NOT WITHER, AND WHATEVER HE DOES
SHALL PROSPER.



CONFESSIONS

JOURNAL // PRAY

PSALMS 18:1
PSALMS 27:4
PSALMS 27:8
MATTHEW 6:11
PSALMS 91

NOTES

Lined writing area with horizontal lines and a dotted margin line.

WEEK THREE



details

DETAILS

PARTIAL FAST // WATER FAST

DAY 15-16 & DAY 20-21

*CONTINUE WITHOUT ANY SUGAR AND
CAFFEINE.*

*LOAD UP ON FRUITS, VEGGIES, NUTS, AND
SEEDS.*

DAY 17-19

WATER ONLY



focus

FOCUS

DESPERATE ACTS I

MARK 5:34

*AND HE SAID TO HER, "DAUGHTER,
YOUR FAITH HAS MADE YOU WELL. GO
IN PEACE, AND BE HEALED OF YOUR
AFFLICTION."*



confess

CONFESSIONS

JOURNAL // PRAY

PSALMS 119:20

PSALMS 73:25

PSALMS 119:81

PSALMS 42:2

PSALMS 63:1

NOTES

Handwriting practice area consisting of multiple rows of dotted lines on a light gray background.

WEEK FOUR

details

DETAILS

PARTIAL FAST // WATER FAST

DAY 22 & DAY 24-28

*CONTINUE WITHOUT ANY SUGAR AND
CAFFEINE.*

*LOAD UP ON FRUITS, VEGGIES, NUTS, AND
SEEDS.*

DAY 23

WATER ONLY

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FOCUS

DESPERATE ACTS II

ACTS 16:25-26

*BUT AT MIDNIGHT PAUL AND SILAS WERE
PRAYING AND SINGING HYMNS TO GOD,
AND THE PRISONERS WERE LISTENING TO
THEM. SUDDENLY THERE WAS A GREAT
EARTHQUAKE, SO THAT THE FOUNDATIONS
OF THE PRISON WERE SHAKEN; AND
IMMEDIATELY ALL THE DOORS WERE OPENED
AND EVERYONE'S CHAINS WERE LOOSED.*

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CONFESSIONS

JOURNAL // PRAY

PSALMS 62:1-2

ROMANS 15:13

PSALMS 39:7-8, 12

PSALMS 71:1-5

PSALMS 119:116

NOTES

Lined writing area with horizontal lines and a dotted margin line.

WEEK FIVE



details

DETAILS

PARTIAL FAST

DAY 29-35

NO SUGAR OR CAFFEINE.

LOAD UP ON FRUITS, VEGGIES, NUTS, AND SEEDS.



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FOCUS

FINDING REST

MATTHEW 11:29

TAKE MY YOKE UPON YOU AND LEARN FROM ME, FOR I AM GENTLE AND LOWLY IN HEART, AND YOU WILL FIND REST FOR YOUR SOULS.



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CONFESSIONS

JOURNAL // PRAY

MATTHEW 11:28-29

EXODUS 34:21

HEBREWS 4:9

II CORINTHIANS 12:9

EXODUS 33:14

PSALMS 16:9

NOTES

Handwriting practice area consisting of 20 rows of dotted lines on a light gray background.

WEEK SIX



details

DETAILS

PARTIAL FAST // WATER FAST

DAY 36-39

NO SUGAR OR CAFFEINE.

LOAD UP ON FRUITS, VEGGIES, NUTS, AND SEEDS.

DAY 40

WATER ONLY



focus

FOCUS

CALMING AN ANXIOUS HEART

PHILIPPIANS 4:7

AND THE PEACE OF GOD, WHICH SURPASSES ALL UNDERSTANDING, WILL GUARD YOUR HEARTS AND MINDS THROUGH CHRIST JESUS.



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CONFESSIONS

JOURNAL // PRAY

COLOSSIANS 3:15

ROMANS 15:33

ROMANS 16:20

II PETER 1:2

I CORINTHIANS 14:33

NOTES

Lined writing area with alternating grey and white horizontal bands.

AVOID SUGAR

01 Avoid the temptation to eat all the things you have been avoiding all at once.

AVOID CARBS

03 Avoid having carbs (even clean carbs) at your first post-fast meal.

SECOND MEAL

05 After your first mini meal, don't eat anything again until the next day. The next morning, resume your normal eating plan.

BREAK YOUR FAST

LEAN PROTEIN

02 Plan your first post-fast meal as a mini meal consisting of 4-6 oz of lean protein.

SEASONING

04 Incorporate cinnamon and salt into breaking your fast.

BE PATIENT

06 If you stuff yourself when you break your fast, your body will have a hard time. Take the extra time to be kind to your body.

FAQs

Isn't fasting supposed to be done in secret?

Fasting should be discreet, and Jesus warns his disciples not to parade their fasting for others to see (Matthew 6:16-18). However, We aren't forbidden from fasting together (corporate fast). We aren't meant to do life alone. We can fast and pray together.

What if I've never fasted before?

Don't be hard on yourself. Fasting can be a very rewarding discipline for your spiritual, mental, emotional, and physical health. We all have to start somewhere. Try setting small goals to start with. If your fasting goal is too big, you will grow discouraged and give up.

What if nothing happens when I fast?

Sometimes we feel like nothing is happening, but don't worry. God's Word is truth and we know that He works things in His perfect timing. Also, sometimes we are expecting God to answer in a certain way and when we don't get that exact answer, we don't think He's moving. Sometimes His answers don't follow our own logic.

What's the difference between a fast and a cleanse?

Physically, they are similar. However, a cleanse primarily focuses on the physical, while fasting is first and foremost a spiritual discipline.

How should I break my fast?

See the tips on the opposite page on great ways to break your fast.

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