

Fasting 102 – Types of Fast & More Fast Goals – Spring 2014

I. Some Motivation & Perspective:

“Fasting is the most powerful spiritual discipline of all the Christian disciplines.” “I believe the power of fasting as it relates to prayer is the spiritual atomic bomb that our Lord has given us to destroy the strongholds of evil and usher in a great revival and spiritual harvest around the world.” “Through fasting and prayer, the Holy Spirit can transform your life.” “According to Scripture, personal experience and observation, I am convinced that when God’s people fast with a proper Biblical motive-seeking God’s face not His hand-with a broken, repentant, and contrite spirit, God will hear from heaven and heal our lives, our churches, our communities, our nation and world.” “Fasting and prayer can bring about revival ... and the fulfillment of the Great Commission.” “... awesome power can be released ... as you fast through the enabling of the Holy Spirit.” (Quotes from Bill Bright on Fasting) (Note: See Book Reading List)

II. Definition of Fasting - Fasting is the deliberate abstaining from all or selected foods for the purpose of seeking God and intensifying the power of individual or corporate prayer.

III. Types of Fast -

- A. Full Fast: Eating Zero Food for a Specified Period of Time. (Normally 12 Hours to 40 Days)
 - 1. *Cautions*: Get Motivated; Be Prepared for Difficulty; Read Articles or Books; Battle
 - 2. Make A Prayer List – Make Your Own & See GCF Fasting 101 & 102
 - 3. Set A Time Limit – Schedule Planner (Internet or Traditional Day Planner)
 - 4. *Note*: Normally Biblical Fasting is does Not Abstain from Water (Matthew 4; Luke 4; Deut. 9:18)
- B. Partial Fast: Various Kinds (Recommended for Growing Bodies)
 - 1. Daniel Fast – Combines Daniel 1:8-17; 6:18; Daniel 9:1-3ff
 - a. Do Not’s – Meats & Alcohol
 - b. Do’s – Everything Else (Veggies, Breads, Pastas; Salads; Cereals, Fruits, Nuts, Legumes, Etc.)
 - 2. Healthy Fast – Eliminating Some or Many of the Poisons in Modern Diet (Daniel Fast Plus...?)
 - a. Do Not’s –
 - i. Sugar: Candy Pop, Snacks, Drinks, Desserts, Etc. (See Glycemic Index)
 - ii. White Flour – White Bread, Pizza Crust, Pasta,
 - iii. Fatty Meats – Red Meat; Beef, Sausage, Bacon, Pork, Etc.
 - iv. Deep Fried Foods – French Fries; Chicken; Breaded, Coated Deep Fried ...
 - v. Various Beverages - Alcohol, Coffee, Tea, Energy Drinks
 - b. Do’s – Lean Meats, Eggs, Whole Grains, Fresh or Frozen Fruits & Vegetables; Nuts; Legumes
 - c. Drink Purified Water w/ Electrolytes Reintroduced (Large Quantities)
 - 3. Invent Your Own – Written Guidelines in Advanced (Do Not Shoot Too High); Consider Your Health
- C. Juice Fast: Better Detoxification? Slightly Easier; Trace Minerals Provide Health Benefits
 - a. Fruit Juice – ½ to Full Glass / Day; Diluted? Fresh Squeezed or Better Quality? Read Labels.
 - b. Vegetable Juice – ½ to Full Glass / Day (Also Below for Vegetable Broth)
 - c. Vegetable Broth – Boil Green Veggies, Carrots, Celery, Onion, Potato, Etc. (Strain & Drink Broth)
 - d. Purified Water w/ Electrolytes Reintroduced (Large Quantities)

IV. Other Fasting Issues – Is abstaining from Entertainment a Fast?

- A. Abstaining From Distractions?: Not a Fast, but an Important Ingredient of Fasting
 - 1. Negative: Identify & Abstain from Time Wasters – Identify “Do Not’s”
 - 2. Positive: Plan Times, Places & Content of Extra Spiritual Disciplines. (Reading, Worship & Prayer)
 - 3. Affections: Ask God to Make Sour Waste of Time. Disciple & Discipline have Same Root.
 - 4. Rest: Extra Sleep; Solitude (Schedule It; Say No...)

B. Abstaining From Pleasures, Exercise, Etc. :

1. Paul – (1 Corinthians 7:5)
2. Light Exercise – Walking, Stretching, Sauna, Calisthenics, Weight Lifting; Etc.
3. Detoxification - (Ketosis / Ketoacidosis); Purified Water; Electrolytes

V. **Seven (7) GCF Fasting Goals Revisited (Inextricably Intertwined)** (Also see Fasting 101 Notes)

- A. Prayerfulness: That we would become a humble and consistently prayerful people. That we would regularly gather in small groups to seek His Heart, Face and Hand. That, by His grace, He would raise our prayer-based expectations of His actions on behalf of His Mission through GCF. That through Prayer, Bible Studies, Manifestations of Spirituals Gifts, Proclaiming of the Gospel, Service, Distribution of Kingdom Gospel Materials and Other Means, we would come to expect and see many New Births & Conversions that result in Changed Lives and Spiritual Encounters by the Transforming Power of Christ.
- B. Mission: That all members of GCF would grow in their desire and abilities to serve in various aspects of outreach, prayer, evangelism, disciple-making, counseling & so forth. That we would all read and equip ourselves with Scripture, Foundational Books & Articles to each one become a “fisher of men.” That several would join our summer study program. That a team could emerge this summer with Scriptures memorized & other equipping to proclaim the Gospel of the Kingdom at WSU & More.
- C. Grace & Gratitude During Growth: That we would be Anchored in Grace & not Performance as we seek to Grow in Grace. That we would be thankful and content with the fruit and life-style breakthrough God has provided for GCF, while not growing complacent, so as to “press on to the upward call of God in Christ Jesus.”
- D. 5 Steps: That the road through the Biblical Pattern of the First 5 Steps would become less of a jungle & as GCF members progress in the journey; a well worn path would emerge & eventually a highway.
- E. Key People: That from those who already attend and those soon to come to GCF, God would provide people that would take innate gifts and diligently & painstakingly use them to develop skills in: worship leadership & instrumentation team; ROCK Campus Ministry Evangelist & Shepherds; Kids Rock Leaders (such as Step Up Class Teachers, Tudors, Mentors, Etc.); Administrative
- F. Finances: That we could get to and surpass a break-even point. That God would cause the tithes & offerings to quadruple. That we would have finances (& creative financial ideas) to provide ministry materials; compensated ministers & administrators, on-going building improvements. That when we grow out of this facility, He would provide a better building & the finances to procure it. That God would convince us all of the need to be faithful, timely and generous in tithes and offerings. That the blessings of His presence, numerical & qualitative growth & congregational illumination would result from persistent outrageous giving. That everyone in GCF would become a giver more than taker. Remember the widow’s mite.
- G. Miraculous Visitation: That God would grant us Repentance for low expectations; low zeal, and low preparedness. That Unbelief would vanish & Faith (Expectations) of the Manifest Glory of God would arise. That we would cry out for and expect a growing visitation of His presence felt in worship, ministry, spiritual gifts and prayer. That many would be converted. That many would be Baptized in the Holy Spirit. That we would experience deliverance and inner-healing on a widespread scale. That everyone would be set-free of: insecurities; rejection; unforgiveness; hurts; fears, apathy, laziness, besetting fleshly sins, generational curses, condemnation, & whatever else holds us back or deceives us in any way. That everyone would experience & know in an abiding way: the grace of the Holy Spirit quickening us as heirs of grace, adopted in Christ (Romans 8:1-12); the Love of God that surpasses knowledge (Ephesians 3:19); and the true grace of God (I Peter 5:12) (1 John 4:19) (1 Cor. 4:20)