

THE FOUNDRY ASSEMBLY OF GOD

2026 Fasting Guide

We're so excited that you've decided to participate in an extended period of prayer, fasting, and personal devotion. We pray that you'll experience the presence and power of God in an extraordinary way as you commit yourself to Him over the next 21 days. Don't let what you eat or don't eat become the focus of your fast. Keep the main thing the main thing, which is getting closer to God. Eliminate what will allow you more time with the Lord. Committing to prayer and fasting for 21 days allows your relationship with God to go to a deeper level. When you pray corporately with other believers for 3 weeks, you also enjoy a special bonding experience as you draw closer to God together. You experience a deeper connection to the Lord as well as to your brothers and sisters in Christ. When you give God your first through fasting, praying, and giving at the beginning of the year, you set the course for the entire year. Matthew 6:33 says, "But seek first His kingdom and His righteousness, and all these things will be given to you as well."

Just as the body needs physical food for its growth and development, prayer needs fasting for the same reason.

WHY SHOULD I FAST?

- Are you in need of healing or a miracle?
- Do you need the touch of God in your life?
- Is there a dream inside you that only He can make possible?
- Are you in need of a fresh encounter?
- Do you desire a deeper, more intimate and powerful relationship with the Lord?
- Do you need to break away from bondages that have been holding you hostage?
- Is there a friend or loved one that needs Salvation?
- Do you desire to know God's will for your life?

Types of Fasts:

- **Complete Fast:** This fits our traditional idea of a fast. In this type of fast, you drink only liquids, typically water with light juices as an option.
- **Partial Fast:** This fast is also known as "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 6am to 3pm, or sunup to sundown.
- **Selective 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.
- **Soul Fast:** This fast is a great option if you do not have much experience of fasting food, have health issues that prevent you from fasting food, or if you wish to refocus on certain areas of your life that are out of balance. For example, you might choose to stop using social media, eating out, playing video games 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.

Tips for a Successful Fast:

- Set a time and quiet place to spend in prayer and meditation that replaces mealtimes.
- Read God's Word focusing on His character (seek God).
- Confess any sins as the Spirit brings them to mind (humble yourself).
- Bring God your personal needs and intercede for loved ones and friends.
- Ask God to strengthen your resolve.

During this time of heightened spiritual devotion, Satan will do everything he can to pull you away from your fast.

Many times, we don't fast because we've lost our spiritual appetite. John Piper says, "The absence of fasting is the measure of our contentment with the absence of Christ."

As you empty yourself physically and spiritually, you open the door for God to step in and do the miraculous. Your relationship with the Lord is taken to a whole new level. You also become more sensitive to the work of the Holy Spirit, which enables you to hear God's voice more clearly. Prayer connects you to God. Fasting disconnects you from the world.

GUIDELINES & TIPS

How to Begin:

- **Prepare Spiritually:** Fasting is always coupled with a spiritual goal. You are denying food for a spiritual purpose. Invest some quality prayer time so you can start with a clear and specific purpose for your fast. Ask yourself, "Why am I fasting?" Ask the Holy Spirit for guidance and direction. Confess your sins. Pray daily and read the Bible. Otherwise, you will be merely dieting. Most find it helpful to journal during their time of prayer and fasting.
- **Quiet Time:** Gather books and study materials to help feed you spiritually and guide our quiet time. If you don't already have a consistent daily quiet time with the Lord, this is a great opportunity to do so. Read CONSISTENTLY, PRAYERFULLY, EXPECTANTLY.
- **Prepare Physically:** You may experience physical detox symptoms of headaches, cramping, and fatigue. Start to drink at least 64 oz. of filtered water each day before, during, and after the fasting time. Exercise moderately and take time to rest. If you have health concerns, please contact your health professional before committing to this fast.
- **How to End Your Fast:** Start slowly, reintroducing caffeine, sugar, meat, etc. Don't overeat but eat small portions or snacks.

DO CHRISTIANS NEED TO FAST?

Fasting might sound sensational today. But in Jesus' culture, it was weird for a religious person not to fast. The disciples of John the Baptist, an important prophet who prepared the way for Jesus' ministry, often fasted. So did the Pharisees, a group of religious leaders who opposed Jesus' teachings and conspired to kill Him! During Jesus' earthly ministry, His followers didn't fast. But Jesus assumed they would fast after he returned to the Father

(Luke 5:33–34). In His Sermon on the Mount, Jesus gives His followers instructions on how to fast, specifically telling them not to make a show of fasting like others in their culture (Matthew 6:16–18).

WHAT DOES BIBLICAL FASTING ACCOMPLISH?

Biblical fasting is not a hunger strike between you and God. It can be easy to think of fasting as a way to add an extra oomph to your prayers. But biblical fasting isn't so much about how God responds to your prayers: it's more about how you bring your prayers to Him. "God opposes the proud but shows favor to the humble" (1 Peter 5:5, 2 Samuel 22:28). Fasting is a means of humbling ourselves before God. In the Old Testament, fasting was often accompanied by other signs of humility and brokenness, such as weeping, mourning, and lamenting, as well as wearing sackcloth and sitting in ashes.

Fasting is a biblical way to truly humble yourself in the sight of God. King David said, "I humbled myself with fasting" (Psalm 35:13, Ezra 8:21).

Fasting enables the Holy Spirit to reveal your true spiritual condition, resulting in brokenness, repentance and a transformed life. Your confidence and faith in God will be strengthened. You will feel mentally, spiritually and physically refreshed. It's important to understand that fasting is not a way to get a better response to prayer. Rather, true fasting is a means of fostering a better (humbler) approach to prayer.

WHILE YOU FAST... Your time of fasting and prayer has come. Here are some helpful suggestions to consider:

- Medication should be withdrawn only with your physician's supervision.
- Exercise only moderately. Walk one to three miles each day if convenient and comfortable.
- Rest as much as your schedule permits.
- Prepare yourself for temporary mental discomforts, such as impatience, crankiness, and anxiety.
- Expect some physical discomforts, especially on the second day. You may have fleeting hunger pains, dizziness, or the "blahs." Withdrawal from caffeine and sugar may cause headaches. Physical annoyances may also include weakness, tiredness, or sleeplessness.
- The first two or three days are usually the hardest. As you continue to fast, you will likely experience a sense of well-being both physically and spiritually.

Put Yourself on a Schedule

For maximum spiritual benefit, set aside ample time to be alone with the Lord. Listen to and for His leading. The more time you spend with Him, the more meaningful your fast will be.

Morning:

- Begin your day with praise and worship.
- Read and meditate on God's Word.
- Invite the Holy Spirit to work in you to will and to do His good pleasure according to Philippians 2:13.

- Invite God to use you. Ask Him to show you how to influence your world, your family, your church, your community, your country, and beyond. Pray for His vision for your life and empowerment to do His will.

Noon:

- Return to prayer and God's Word.
- Take a short prayer walk.
- Spend time in intercessory prayer for your community's and nation's leaders, for the world's unreached millions, for your family or special needs.

Evening:

- Get alone for an unhurried time of "seeking His face."
- If others are fasting with you, meet for prayer.
- Avoid distractions that may dampen your spiritual focus. When possible, begin and end each day on your knees with your spouse for a brief time of praise and Thanksgiving to God.

Longer periods of time with our Lord in prayer and studying of His Word are often better spent alone.

End Your Fast Gradually

Begin eating your normal diet gradually. Suddenly reintroducing certain food to our stomach and digestive tract will likely have negative consequences. Try several smaller meals or snacks each day. If you end your fast gradually, the beneficial physical and spiritual effects will result in continued good health.

A FINAL WORD

Expect Results... If you sincerely humble yourself before the Lord, repent, pray, and seek God's face; if you consistently meditate on His Word, you will experience a heightened awareness of His presence (John 14:21). The Lord will give you fresh, new spiritual insights. Your confidence and faith in God will be strengthened. You will feel mentally, spiritually, and physically refreshed. You will see answers to your prayers. A single fast, however, is not a spiritual cure-all. Just as we need fresh infillings of the Holy Spirit daily, we also need new times of fasting before God.

WHAT IF YOU FAIL AT FASTING?

It takes time to build your spiritual fasting muscles. If you fail to make it through your first fast, do not be discouraged. You may have tried to fast too long the first time out, or you may need to strengthen your understanding and resolve. As soon as possible, undertake another fast until you do succeed. God will honor you for your faithfulness. I encourage you to join me in fasting and prayer, again and again until we truly experience revival in our homes, our churches, our nation, and throughout the world.