

FASTING CHEAT SHEET

Not Everyone Should Fast

According to Bill Bright, (<http://www.billbright.com/howtofast/fastsafely.html>) the following people should not fast without professional supervision:

- Individuals who are physically too thin or emaciated.
- People who have struggled with anorexia, bulimia, or other eating disorders.
- Those who suffer weakness or anemia.
- Persons who have tumors, bleeding ulcers, cancer, blood diseases, or who have heart disease.
- Those who suffer chronic problems with kidneys, liver, lungs, heart, or other important organs.
- Individuals who take insulin for diabetes, or suffer any other blood sugar problem such as hyperglycemia.
- Women who are pregnant or nursing.

Before You Fast

1. Set your goal for fasting.
2. Determine the length of fast.
3. Determine how the fast is going to effect your regular activities so you can adjust accordingly.
4. Make the proper eating adjustments:
 - Do not eat a large meal before your fast because it will only make hunger pains greater.
 - Cut caffeine and sugar from your diet as this will also help with hunger pains.

Physical Steps To Fasting

Just as one training for a marathon starts off running shorter distances, one should also start off with shorter and easier fasts before progressing to longer ones.

Since the purpose of fasting is to draw us closer to our Lord and Savior, we need to spend as much time as possible in prayer, meditation, and study. The time normally spent eating, should be time spent seeking God.

The remainder of this information was taken primarily from *Celebration of Discipline* by Richard Foster.

Step 1 - 24 Hour Partial Fast

- Attempt this fast roughly once a week for several weeks.
- Fast for two meals, however, drink a lot of fresh juices.
- Break fast with fresh fruits and vegetables.

Step 2 - 24 Hour Normal Fast

- Like the 24 Hour Partial Fast, fast for two meals, however, drink only water.
- Your stomach will bother you (hunger pains), however, you are not actually hungry, it is your body reacting to its normal eating schedule. Just like a spoiled child who needs to be disciplined, you need to discipline your flesh. This will help you get control over other areas of your life where you are compulsive.
- Break fast with fresh fruits and vegetables.
- Once you have several normal 24 hour fasts accomplished with a good degree of spiritual success, move on to....

Step 3 - 36 Hour Normal Fast

- Fast for three meals, drinking only water.
- Just like with the previous fast, you will feel hunger pains.
- Break fast with fresh fruits and vegetables.

Extended Fasts

Seek God's leading before beginning longer fasts.

3 to 7 Day Fast

This is a good time period and it will likely have a significant effect on your life.

7 + Days

Before you Fast

1. Visit your doctor for a checkup to make sure you are in good physical condition.
2. Cut down on the amount you eat several days before you fast. Some medical professionals recommend you eat only raw fruits and vegetables 2 days before you fast.

Approximately What to Expect From Your Body

First 3 Days

- Most extensive for hunger pains and physical discomfort.
- You will probably have a coating on your tongue and have very bad breath. This is caused by your body beginning to rid its self of its toxins from poor eating habits over the years.

Starting 4th Day

- Hunger pains will begin to subside.
- You will probably have spells of dizziness which should be short and are caused by quick movements - try moving slower
- You will also probably feel very weak where simple tasks are very hard. Just rest and take it easy, choosing your activities wisely
- Many find this the most difficult time in the fast.

Starting 6th or 7th Day

- You will begin to feel stronger and more alert.
- Hunger pains will continue to diminish

Starting 9th or 10th Day

- This is physically the most enjoyable time of the fast
- Hunger pains should disappear or become only minor irritations
- By this point, the body should have eliminated most of the toxins in your system.
- You should feel really good and your sense of concentration should be sharp.

Between 21st and 45th Day - Depending on the Individual

- Hunger pains will return. At this point you *must* break the fast. Your body is entering the first stages of starvation and it is starting to live off healthy body tissue.

Breaking An Extended Fast

- Start with small amounts of fruit and vegetable juice for the first day.
- After the first day, progress with the following as your stomach allows. It is important to note that your stomach has shrunk so you must be very careful not to over eat.
- Eat fresh fruits
- Consume milk and yogurt.
- Eat fresh salads and cooked vegetables, however you should avoid all salad dressings, starch, and grease.
- Consider changing your eating habits if you need to, and start eating a regular diet as your stomach permits.