

DAYS OF FASTING

www.sunridge.org/21days

PREPARATION

Spiritually

In the days leading up to your fast, begin praying allowing the Holy Spirit to speak to you about the personal/family prayer requests He wants you to focus on during the 21 Days of Prayer. This could be a daily exercise as you do your devotions, or perhaps once a week you would set some time aside to purposely pray about prayer requests. Tell Him you are willing to pray for the things He leads you to pray for. The church will be praying for main corporate prayer requests.

Physically

At least one week prior to our day of fasting, begin to taper off of caffeinated beverages and refined sugars. Cut back on meal amounts a few days prior to fasting, this helps your body prepare for the fast to come, avoid foods that are processed and/or salty. At least a day prior to fasting make sure you drink a sufficient amount of water so you are hydrated.

Note: If you have a medical condition or you are pregnant make sure to consult with your medical Doctor before fasting.

FASTING GUIDE

Fasting is a discipline Jesus encouraged us to use and this year at SunRidge we have decided to call our church family as a whole to fast for a day, or to take it further if you feel led to. Fasting is a great spiritual discipline -- whether from food or other things -- as it allows us to set aside distractions and focus on what God is saying. It is a wonderful opportunity for us to unify in a single-minded/ heart approach in praying as a church and for the church.

We encourage you to prepare your heart ahead of time and see what God will do as you grow in the area of prayer. .. and fasting! The following are a few ideas to help you get ready for a fast. It is very important that you plan ahead, so that when the day (or days) of fasting come, you have set your mind to it and you have what you need.

WHAT TO DO

Determine your fasting goal through prayer. We have set aside a day for fasting but you may feel led to fast longer than that. Take some time to pray about the length of time.

Know what you will be praying about. God may bring other things to your mind that He wants to talk to you about, but have your 3 requests ready and the requests from the church, so that you know what to pray about as you fast.

Commit to spending extra time in personal prayer. You might want to rearrange your schedule on the day or days you fast so that you have extra time to concentrate on prayer.

Commit to a type of fast. Some fasts are about abstaining from food (we are suggesting this); there are different ways to do that.

Commit to devotional bible reading. Feed on the living Word who will speak to you! Don't simply abstain from something, fill that empty place with Scripture and pray that God would open your eyes to new things. This is ESSENTIAL.

Do it together with your small group. On our day of fasting you can know that many people are fasting with you. You may also want to intentionally do it with your small group. For example, you can fast on the day of your meeting, or you can fast and pray for the same things. Discuss this with your small group, encourage each other in your fasting and pray for each other at your meetings.

As you fast, monitor the inner attitude of your heart. At first you'll focus on the physical aspects of the fast but it is most important to monitor the inner attitude of the heart. Outwardly you perform regular duties of the day, but inwardly you will be in prayer and worship to God!

TYPES OF FASTS

Partial fast

1. 24 hour partial

A full day of fasting, from one meal to the same meal on the next day. You can drink fruit or vegetable juices

2. One meal per day

Fast one meal and use that time to read scripture and pray

3. Daniel fast

A partial fast where you eat only foods like vegetables, nuts, fruit, water, etc. No alcohol, no meat.

4. Medical condition fast

If you have physical reasons why you should not fast food you may still be able to do a modified fast e.g. Junk food, coffee, etc.

24 hour

Drink only clear juices or water for 24 hours. You will feel some hunger pangs, this isn't real hunger. Your stomach has been trained through years of conditioning to give hunger signals at certain times of the day. Ignore these signals; we are to be masters of our stomachs, not its slave! If family obligations permit it, devote the meal times to prayer and reading of the word.

Media entertainment fast

Everyone should seek the lord about fasting from movies, tv, internet, etc. We are suggesting that your day of fasting is a media free day!