

# The Guide for Fasting at Liberty

**What is fasting?** Fasting is the voluntary choice to abstain from food for spiritual reasons.

**Fasting is not:** a diet, mandatory, or a hunger strike.

**When should you fast?** We encourage believers in Christ to fast regularly on their own and join the church in a corporate fast.

**A few Scriptures for fasting:** Matthew 1:11, John 6:35, Luke 5:33-35, Galatians 5:16, Matthew 6:16-18, Zechariah 7:4-5, Matthew 9:14-15, Psalms 35:13-14, Daniel 9:2-5, Ezra 8:23, Mark 9:25-29, Joel 2:12, Isaiah 58:3-7.

**How to Pray during corporate fast:** Set a specific time of the day with the least distractions to pray. This may require you to get up early in the morning or stay up late depending on your schedule. Keep a prayer journal to write down your personal prayer requests and keep track of answered prayers. Follow the prayer calendar set by the Pastor to ensure we are corporately focusing on the same topic.

**What you should and should not fast:** Depending on the length of the fast time (3 days, 7 days, 21 days, 40 days) you can be prayerfully led to remain with one of these fasting ideas for the entirety of the fast or mix them up on a weekly basis. Whichever you choose be sure to always include drinking water in your fast regardless of the amount of time. Water should never be eliminated from a fast.

We do not encourage abstinence from entertainment as the sole fast. If you choose to fast TV, games, your phone, movies, secular music or the like, we believe it should be added to a fast that includes the abstinence of food. Here are just a few ways you can prayerfully consider fasting:

- Water only from sunrise to sunset (5am-5pm)
- Eliminating one meal a day (We suggest breakfast or lunch)
- Having only one meal a day
- Eliminating all sugar, soft drinks and snacks (Juice, soda, sparkling drinks, iced tea, lemonade, etc.)
- Eliminating something you feel is a weakness (coffee, baked goods, sweets, candy, etc.)
- 21-day Daniel Fast (Please refer to other resource for more information on this fast)

**Final Thoughts:** Remember that all of the glory goes to God. You can let others know you are fasting as necessary but you should not be announcing your fast to everyone. The goals in fasting are to draw near to God, strengthen your spirit and surrender your flesh.

Matthew 26:41

*"Watch and pray so that you will not fall into temptation. The spirit is willing, but the flesh is weak."*