

**FASTING GUIDE**

# FASTING

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A practical guide for new believers and  
growing disciples



**Bay Area Maranatha Christian Center**

Created by Pastor Alicia Partee Sharing encouraged. Please do not sell.



## ⚠ Important Health Note

If you are pregnant or nursing, under medical care, taking prescription medication, managing diabetes, or have a history of eating disorders, talk with your doctor before fasting from food.

If a food fast is not safe for you, choose a different kind of fast such as media, entertainment, spending, or a specific habit.

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# 1

## Why Fast

*You wake up and your stomach reminds you it is time to eat. You reach for what is normal. Then you remember, today is different. You chose to fast. You chose to seek God on purpose.*

Fasting is not about proving anything. It is about positioning yourself to listen, obey, and grow. An honest question to start with is this: Who am I when the usual comforts are not available?

Throughout Scripture, God's people fasted when they needed direction, protection, mercy, or breakthrough. Fasting is a way to humble ourselves before God, reduce distractions, and align our hearts with His will.

## What Fasting Can Do in You

- Helps you focus your attention on God
- Strengthens spiritual discipline and self-control
- Creates space for repentance and surrender
- Increases sensitivity to the Holy Spirit
- Supports united prayer when the church seeks God together

*Fasting is not magic. Fasting does not earn God's love. But fasting can sharpen your hearing, strengthen your obedience, and deepen your prayer.*

# 2

## What Fasting Is and What It Is Not

### What Fasting Is

- A voluntary pause from food or another normal activity for a spiritual purpose
- A way to humble yourself and seek God with focus
- A time to replace what you pause with prayer, Scripture, worship, and service

### What Fasting Is Not

- Not a way to impress people
- Not a punishment for your body
- Not a way to force God to do what you want
- Not a hunger strike
- Not a diet

When you fast, do not look somber as the hypocrites do, for they disfigure their faces to show others they are fasting. Truly I tell you, they have received their reward in full. But when you fast, put oil on your head and wash your face, so that it will not be obvious to others that you are fasting, but only to your Father, who is unseen; and your Father, who sees what is done in secret, will reward you.

Matthew 6:16-18 NIV

# 3

## God's Heart for Fasting

*God cares about our hearts, not our performance. In Isaiah 58, God corrects fasting that is only outward. He calls His people to lives marked by justice, compassion, generosity, and freedom.*

### Isaiah 58 Focus

#### *What God Desires*

- A surrendered heart
- A life that loosens bondage and serves others
- A fast that changes how we live, not only what we eat

### Reflection Questions

- What is my main reason for fasting?
- What is God inviting me to let go of?
- What is God inviting me to take on?
- Who can my fasting bless?

# 4

## Types of Fasts You Can Choose

*There is more than one way to fast. Choose a fast that is safe, realistic, and meaningful.*

### Food-Based Fasts

- **Partial fast:** Skip one meal a day and use that time to pray
- **Sunrise to sunset fast:** Eat before sunrise and after sunset
- **Daniel fast:** Vegetables, fruits, whole grains, legumes, nuts, seeds, and water
- **Short full fast:** Only with medical clearance and wise supervision

### Non-Food Fasts

- **Media fast:** Pause social media, streaming, or gaming
- **Entertainment fast:** Pause non-essential entertainment and replace with Scripture and prayer
- **Spending fast:** Pause non-essential purchases and give to someone in need
- **Speech fast:** Refuse gossip, complaining, and harsh words

## How to Choose

- Ask God what He is highlighting
- Choose a fast you can do with integrity and consistency
- Decide what you will replace it with
- Tell one trusted person if you need accountability

# 5

## How to Prepare

### Step 1: Set Your Purpose

- I am seeking God for direction
- I am repenting and returning to God
- I am praying for a loved one
- I am asking for wisdom
- I am seeking unity and breakthrough for the church

### Step 2: Pick Your Time Frame

*Start small if you are new. One meal. One day. One week of a Daniel fast.*

- Write down your start and end time
- Plan what you will do during your usual eating or scrolling time

### Step 3: Make a Plan for Your Body

- Hydrate well the day before
- Reduce caffeine gradually if needed
- Plan simple meals for before and after the fast
- If you are on medication or under medical care, talk with your doctor first

# 6

## How to Fast Day to Day

### Replace the Pause with Pursuit

- Pray for five to ten minutes when hunger or cravings appear
- Read a short passage of Scripture
- Write one line in a journal about what you are learning
- Worship for one song
- Do one act of service

### If You Feel Discouraged

*Feeling irritated, tired, or emotional can happen when routines change. Do not shame yourself. Notice what is rising up and bring it to Jesus.*

- Name what you feel
- Ask God what it is connected to
- Confess what needs to change
- Receive grace and keep going

### A Simple Daily Structure

- **Morning:** Read one chapter or a short passage and pray
- **Midday:** Pray for others and check your heart
- **Evening:** Thank God and write what you learned

# 7

## How to Break a Fast Safely

*Breaking your fast matters. Be gentle with your body. Start simple and small.*

- Start with water, broth, fruit, or a small portion of vegetables
- Avoid heavy, greasy meals right away
- Eat slowly and stop when satisfied
- If you have been fasting multiple days, consider speaking with a healthcare professional about reintroducing food

## Spiritual Closeout

- Thank God for strength
- Write what God showed you
- Choose one obedience step you will take this week

# 8

## The Daniel Fast Guide

*The Daniel fast is a biblically inspired partial fast. Daniel chose to avoid rich foods and sought God with focus. A common modern version includes plant-based foods and water for a set period.*

### Scripture Anchors

- Daniel 1:12-15 describes Daniel eating vegetables and drinking water
- Daniel 10:2-3 describes Daniel avoiding choice foods during a season of seeking God

### Best Practices

- Keep meals simple
- Plan snacks so you are not tempted by convenience foods
- Drink plenty of water
- Limit processed vegan substitutes if they distract you from the purpose
- Pray each time you prepare food

# 9

## Daniel Fast Foods List

### Foods You Can Eat

- Vegetables: Leafy greens, broccoli, carrots, peppers, onions, sweet potatoes, squash
- Fruits: Apples, berries, bananas, oranges, grapes, melons
- Whole grains: Brown rice, oats, quinoa, whole wheat pasta, barley
- Legumes: Beans, lentils, chickpeas, peas
- Nuts and seeds: Almonds, walnuts, chia, flax, pumpkin seeds
- Healthy fats: Avocado, olives, olive oil
- Seasonings: Herbs, spices, garlic, ginger, lemon, vinegar
- Beverages: Water and herbal teas

### Foods to Avoid

- Meat and seafood
- Dairy products
- Eggs
- Added sugar and sweets
- Refined flour products

- Fried foods and heavily processed foods
- Alcohol
- Sweetened drinks

**Label reading tip:** If you are unsure, read the ingredient list. Keep it simple and whole when possible.

# 10

## Daniel Fast Simple Recipes

*These are simple beginner-friendly recipes. Adjust seasonings to your taste.*

### Recipe 1: Overnight Oats

#### Ingredients

Rolled oats, unsweetened almond milk or water, chia seeds, cinnamon, berries, sliced banana

#### Steps

Mix oats, liquid, and chia. Refrigerate overnight. Top with fruit.

### Recipe 2: Chickpea Salad Bowl

#### Ingredient

Chickpeas, cucumber, tomato, red onion, parsley, lemon juice, olive oil, salt, pepper

#### Steps

Combine and toss. Serve over leafy greens or brown rice.

## Recipe 3: Lentil Vegetable Soup

### Ingredients

Lentils, carrots, celery, onion, garlic, diced tomatoes, vegetable broth, bay leaf, herbs

### Steps

Saute onions and garlic in olive oil. Add remaining ingredients. Simmer until lentils are tender.

## Recipe 4: Sheet Pan Vegetables

### Ingredients

Broccoli, cauliflower, bell peppers, zucchini, onions, olive oil, garlic powder, paprika, salt

### Steps

Toss with oil and seasonings. Roast at 425 °F for 20 to 30 minutes, stirring once.

## Recipe 5: Simple Quinoa Stir-Fry

### Ingredients

Cooked quinoa, mixed vegetables, garlic, ginger, low-sodium soy sauce or coconut aminos, sesame seeds

### Steps

Saute vegetables with garlic and ginger. Add quinoa and sauce. Warm through and top with seeds.

# 11

## Prayer Plan and Journaling Pages

### A Seven-Day Prayer Focus

- Day 1:Surrender and repentance
- Day 2:Wisdom and direction
- Day 3:Family and relationships
- Day 4:Healing in body, mind, and spirit
- Day 5:Provision and stewardship
- Day 6:The church and the city
- Day 7:Thanksgiving and next steps

### Daily Journal Prompts

- What did I notice in my heart today?
- What did God highlight in Scripture?
- What is one thing I will obey this week?
- Who can I bless today?
- What am I grateful for?

**Short prayer you can pray:**

*Father, I come to You with an open heart. Teach me to hear You, obey You, and trust You. Strengthen me as I fast. Make me more like Jesus. Show me my next right step. Amen.*

Day \_\_\_\_ | Date: \_\_\_\_\_

## What did I notice in my heart today?

## What did God highlight in Scripture?

**What is one thing I will obey this week?**



May your heart be  
strengthened, your spirit be  
renewed, and your life bear  
witness to the goodness of  
God.

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