



**RELENTLESS
CHURCH
FASTING GUIDE**

PURPOSE

God has led the Relentless Church family to embrace a LIFESTYLE of prayer and fasting in 2020. So, instead of having a 21-Day Fast for the year, we are encouraging everyone to join in on a 5-Day Fast the 2nd Week (Mon-Fri) of every month. Each month, take these 5 days to pray in to corporate prayer strategies that will be released in the worship experiences, email, and social media and ask Holy Spirit to show you areas to target for your personal lives and families. We are believing 2020 is a strategic year for Relentless, so pray and seek God during these weeks of fasting and let's believe for great things in 2020!

TYPES OF FASTS

COMPLETE FAST

This fast calls for drinking only liquids, typically water with light juices as an option. You can establish the number of days.

SELECTIVE FAST

This type of fast involves removing certain elements from your diet; giving up at least one item of food and/or beverage. You can establish the number of days

DANIEL FAST

This fast involves removing meat, sweets, and bread from your diet and consume only water and juice for fluids and only fruits and vegetables for food. You can establish the number of days.

PARTIAL FAST

This fast is from 6:00 am to 3:00 pm, or from sunup to sundown. You can select a complete fast, a selective fast, or a Daniel fast. You can establish the number of days.

MEDIA FAST

This fast is common for those who do not have much experience fasting food, who have health issues that prevent them from fasting food, or who wish to refocus certain areas of their life that are out of balance. For instance, someone might select to abstain from using social media or watching television for the duration of the fast, and then choose to carefully bring that element back into their life in an orderly fashion at the conclusion of the fast.

7 STEPS FOR FASTING

STEP 1: SET YOUR OBJECTIVE

Why are you fasting? Is it for spiritual renewal, for guidance, for healing, for the resolution of problems, for special grace to handle a difficult situation? Ask the Holy Spirit to clarify His leading and objectives for your prayer fast. This will enable you to pray more specifically and strategically. Through fasting and prayer, we humble ourselves before God so the Holy Spirit will stir our souls, awaken our churches, and heal our land according to 2 Chronicles 7:14. Make this a priority in your fasting; seeking first the Kingdom of God according to Matthew 6:33.

STEP 2: MAKE YOUR COMMITMENT

Pray about the kind of fast you should undertake. Jesus implied that all of His followers should fast (Matthew 6:16-18; 9:14,15) For Him it was a matter of WHEN believers would fast, not if they would do it. Before you fast, decide how long you will fast—one meal, one day, a week, several weeks, forty days (Beginners should start slowly, building up to longer fasts.) Decide what physical/social activities you will restrict and how much time each day you will devote to prayer and God's Word. When you make these commitments ahead of time, it will help you sustain your fast when you're tempted to abandon it.

STEP 3: PREPARE YOURSELF SPIRITUALLY

The very foundation of fasting and prayer is repentance. Ask God to help you make a list of your sins and confess every sin that the Holy Spirit calls to your remembrance and accept God's forgiveness (1 John 1:9). Seek forgiveness from all whom you have offended, and forgive all who have hurt you. Ask God to fill you with His Holy Spirit and surrender your life fully to Jesus Christ as your Lord and Master; refuse to obey your worldly nature (Romans 12:1,2). Meditate on the attributes of God, His love, sovereignty, power, wisdom, faithfulness, grace, compassion, and others. Begin your time of fasting and prayer with an expectant heart (Hebrews 11:6). Do not underestimate spiritual opposition. Satan sometimes intensifies the natural battle between body and spirit (Galatians 5:16,17).

7 STEPS FOR FASTING

STEP 4: PREPARE YOURSELF PHYSICALLY

Fasting requires precautions. Consult your physician first, especially if you take prescription medication or have a chronic ailment. Physical preparation makes the drastic change in your eating routine a little easier. Prepare your body by eating smaller meals, avoiding high-fat/sugary foods, and eat raw fruit and vegetables. Medication should be withdrawn only with your physician's supervision. Limit your activity and rest as much as your schedule will permit. Prepare yourself for temporary physical/mental discomforts, such as impatience, crankiness, and anxiety.

STEP 5: PUT YOURSELF ON A SCHEDULE

Set aside ample time to be alone with God and listen for His leading. Begin your day in praise and worship, read/meditate on God's Word, and invite the Holy Spirit to work in you. Avoid television or any other distraction that may dampen your spiritual focus. Drinking fruit juice will decrease your hunger pains and give you some natural sugar energy. Avoid caffeinated drinks and chewing gum or mints, even if your breath is bad. They stimulate digestive action in your stomach.

STEP 6: END YOUR FAST GRADUALLY

Begin eating gradually. Do not eat solid foods immediately after your fast. Suddenly reintroducing solid food to your stomach and digestive tract will likely have negative consequences. Try several smaller meals or snacks each day. Begin to reintroduce your normal diet. Gradually return to regular eating with several small snacks during the first few days.

STEP 7: EXPECT RESULTS

If you sincerely humble yourself before the Lord, repent, pray, meditate on His Word, and seek God's face; 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.

