

**CHOOSE YOUR DAYS
TO FAST**

**CHOOSE YOUR WAYS
TO FAST**

**B BRIGHTON AG
CHURCH COMMUNITY**

**TO FAST: TO GIVE UP
(IN ORDER TO GAIN)** ★



WAYS TO FAST

FOOD & BEVERAGE

- ★ Fast 1, 2, or 3 meals a day*
- ★ Fast sunrise to sunset
- ★ Liquids only fast
- ★ Fast sugar or caffeine
- ★ Daniel Fast
(giving up 'meats & sweets')

- * If fasting for a full day or longer:
- Drink plenty of water
 - Drink some fruit juice for energy
 - Some medications should not be taken without food

Start with prayer!
Dedicate your fasting times
to God and express a desire
to fellowship with Him

OTHER THINGS

Consider fasting other things that command a lot of your time & attention:

- ★ Social media, internet
- ★ Sports, hobbies, or other interests



JANUARY 2025

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
DAYS TO FAST ★	★	1	2	3	4	5
	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

I WILL GIVE UP

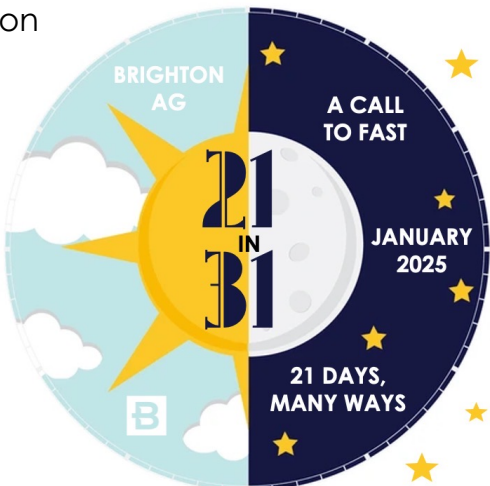
I WANT TO GAIN

BENEFITS OF FASTING

- ★ Fasting will humble our soul (Psalm 35:13:b)
- ★ Fasting secures divine favor in situations (Nehemiah 1:4,11)
- ★ Fasting helps us discern God's will (Acts 13:2,3)
- ★ Fasting can break demonic strongholds (Mark 9:29)
- ★ Fasting prepares us for a new season (Acts 13:2,3)
- ★ Fasting can bring about healing (Isaiah 58:8a)
- ★ Fasting gives greater sensitivity to God's presence (Isaiah 58:8b,9)

RECOMMENDED RESOURCES

- ★ *Fasting* by Jentezen Franklin
- ★ *Fasting For Spiritual Breakthrough* by Elmer L. Towns
- ★ *A Hunger for God* by John Piper
- ★ *Praying The Bible* by Donald S. Whitney
- ★ *Prayer: Experiencing Awe & Intimacy With God* by Timothy Keller
- ★ *The Circle Maker* by Mark Batterson
- ★ *The Ultimate Guide To The Daniel Fast* by Kristen Feola
- ★ *A Praying Life* by Paul E. Miller



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