



# A SIMPLE GUIDE TO BIBLICAL FASTING

By John Tushabe

A STEP BY STEP  
GUIDE

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## **Fasting Is The Most Powerful Spiritual Discipline Of All The Christian Disciplines. Through Fasting And Prayer, The Holy Spirit Can Transform Your Life.**

Fasting and prayer are not your typical messages you hear at churches or on Christian Television. However Fasting is very biblical and if we are going to be biblical Christians, the fasting is one of those disciplines we have to adopt.

Fasting in itself, doesn't change God but it changes us and positions us in a better place where we can receive from God and also, it empowers us with spiritual authority.

In the bible, you find that when men and women fasted with a proper biblical motivation, where they sought God's face not just his blessings with a broken, repentant, and contrite spirit.

God heard from heaven and healed them, he moved on their behalf and even nations were saved.

Fasting and prayer can bring about revival—a change in our own lives, in our own families , in our churches and even our communities.

The awesome power can be released through you as you fast through the enabling of the Holy Spirit.

Fasting is one of the most neglected spiritual disciplines because it's not easy. But every thing that really matters and counts is not easy. We have made it a point at our church to encourage us into an anual fast at the begining of each year.

The purpose of this little booklet is to inspire you and encourage you and provide practical answers for you to participate. Many of us don't like the sound of the word fasting, so I put this book to ease any concerns you might have.

If you don't find an answer to a question you might have, please reach out to us and we will dig in scripture for an answer for you.

Have a blessed reading.

John Tushabe.

## Why Fast.

If you do not already know of the power and importance of fasting, here are some very important facts:

Fasting was an expected discipline in both the Old and New Testament eras. For example, Moses fasted at least two recorded forty-day periods. Jesus fasted 40 days and reminded His followers to fast, **“when you fast,” not if you fast as seen in Matthew 6:18**

Fasting and prayer can restore the loss of the “first love” for your Lord and result in a more intimate relationship with Christ.

Fasting is a biblical way to truly humble yourself in the sight of God (**Psalm 35:13; Ezra 8:21**). **King David said, “I humble myself through fasting.”**

Fasting enables the Holy Spirit to reveal your true spiritual condition, resulting in brokenness, repentance, and a transformed life.

The Holy Spirit will quicken the Word of God in your heart and His truth will become more meaningful to you!

Fasting can transform your prayer life into a richer and more personal experience.

Fasting can result in a dynamic personal revival in your own life—and make you a channel of revival to others.

Fasting and prayer are the only disciplines that fulfill the requirements of **II Chronicles 7:14**: **“If my people, who are called by my name, will humble themselves and pray and seek my face and turn from their wicked ways, then will I hear from heaven and will forgive their sin and will heal their land.”**

If you fast, you will find yourself being humbled. You must accompany your fast with prayer otherwise it simply becomes a weight loss program. You will find that the Lord will lead you to recognize and repent of unconfessed sin and you will experience special blessings from God.

## How To Fast Safely

As you begin your fast, you may hear from concerned loved ones and friends who urge you to protect your health. And they are right. You should protect your health. But I assure you, if done properly, fasting will not only prove to be a spiritual blessing, but physical blessing as well.

By all means, consult your doctor before you begin your fast. But, be aware that many doctors have not been trained in this area and so their understanding is limited.

Even so, it would be wise to ask your doctor for a physical exam to make sure you are in good health. You may have a physical problem that would make fasting unwise or dangerous.

I must also say, if you are under any type of medication, make sure you talk to your doctor before changing your regime. Your doctor can advise you the best way you can fast.

When you are assured that you are in good health, you are ready to begin your fast. Follow the guidelines in the Physical Preparations and Maintaining Nutritional Balance as mentioned in this book.

In spite of the absolute safety and benefits of fasting, I can't emphasize this enough, there are certain persons who should NEVER fast without professional supervision.

For example:

- Persons who are physically too thin or emaciated  
Persons who are prone to anorexia, bulimia, or other behavioral disorders.
- Those who suffer weakness or anemia.
- Individuals who take insulin for diabetes, or suffer any other blood sugar problem such as hyperglycemia
- Those who suffer chronic problems with kidneys, liver, lungs, heart, or other important organs.
- Women who are pregnant or nursing.
- Persons who have tumors, bleeding ulcers, cancer, blood diseases, or who have heart disease

Those with physically demanding jobs and work around heavy machinery, it's recommended that you fast when you least need the energy to work and/or operate the machines.

## How To Choose A Fast

If you have never fasted before, I applaud you! You are one of the reasons I put this book together as well as those who fasted before, who are pursuing a deeper relationship with Christ

Fasting has been a major emphasis in the lives of many of the great spiritual leaders throughout history.

Effective ministers of God, from Apostle Paul to Martin Luther to John Calvin, made it a continual part of their walks with God. John Wesley, the founder of the Methodist denomination, fasted every Wednesday and Friday and required all of his clergy to do the same.

When I look back on my early fasts, I can't say that I had the best of motives. Some of my motives were self centered and some were anchored in spiritual pride.

There is no one size fits all in fasting, it's all about the condition of your heart and how much you hunger for God. Do your best to make sure that your fasting has nothing to do with your self centered wishes like losing weight but let it be a genuine desire for God.

## The Bible primarily states two types of Fasts

**A partial fast** is described in the book of Daniel. Although the water fast seemed to be the custom of the prophet, there was a three-week period in which he only abstained from "delicacies," meat, and wine (Daniel 10:3).

The two types are a supernatural fast and a total Fast.

The Supernatural Fast is a prolonged fast like Elijah, Moses and Jesus who fasted for forty days without food, it's supernatural because you can't do it in the natural. You must have heard from God without a doubt.

The total fast is a shorter fast that will go up to 3 days or 7 days only on water. Again you must be in good health to carry on this kind of fasting.

When it comes to the right type of fasting, you have to allow the Holy Spirit to lead you and guide your heart and mind as to what is best for you.

The most important thing is to make sure that the **MOTIVE** is right.

## How To Manage Your Schedule.

If you work an office job and a less physically demanding job, you would have to plan your fasting differently than a person that has a physically demanding job.

My recommendations are based on the assumption that we are doing a 21 days fasting. A person working a physically demanding job may choose to miss one meal a day for 21 days while a person that works in an office may be able to miss two meals a day. One person may be able to go on a Daniel fast and the other person may only be able to miss one meal a day.

Nevertheless, It's amazing how you can experience more energy in your physical body while fasting, so again you have to put your feelers out. Far many of us live our lives controlled by food and it's during a fast that we get to control food, this is finally when we take the power back by the help of the Spirit of God.

There are other factors that you have to personally consider, such as if you are on medication and if you are still able to be productive at your work.

During a fast, you want to make sure that you keep it as private as possible while out in the public except for your church and family. The goal is to be pleasing to God and staying productive at your job. Don't let fasting be the reason you are slacking at your job because that will not bring glory to God.

## Can I still exercise during a fast

Exercise is necessary to maintain your morale and health. During the first week, you may feel somewhat weaker than normal, you may feel tired and irritable. It's wise to control as much as you can in terms of how you dissipate your energy. So I recommend light and moderate exercise.

## Don't miss the point

Fasting is not just denying yourself food. It is exchanging the needs of the physical body for those of the spiritual. It's essential that you create time to reading God's word and be in prayer everyday during your fast.

Don't get too busy running numerous errands while fasting at the expense of neglecting your time with God. When you do this, you starve both your spirit and your body and find yourself discouraged and frustrated instead of being benefited from the fast.

## How To Prepare For A Fast.

### Spiritual Preparation

In preparation for this special time with God, I strongly urge you to examine your heart, and detect any unconfessed sin. Scripture records that God always requires His people to repent of their sins before He will hear their prayers. King David said:

*“Come and hear, all of you who reverence the Lord, and I will tell you what he did for me: For I cried to him for help, with praises ready on my tongue. He would not have listened if I had not confessed my sins. But he listened! He heard my prayer! He paid attention to it! Blessed be God who didn’t turn away when I was praying, and didn’t refuse me his kindness and love.” (Psalm 66:16-20)*

In your prayers, confess not only obvious sins, but less obvious ones as well. The sins of omission as well as the sins of commission experiences. I always repent of things like: worldly-mindedness, self-centeredness, stubbornness, pride, spiritual indifference, and failure to quickly obey when he prompts me to, not spending enough time in God's word and prayer and so on.

During a fast, you want to be quick to repent as soon as you are aware of your sin. For instance, if you get angry at someone for honking at you, just repent right away. If you find yourself yelling at your kid, apologise and repent right away.

Be aware that Satan is going to attack you during your fast, he wants you to quit, he wants your fasting to be ineffective. So he will stage things in your way to get you angry or distracted.

***Lest Satan should get an advantage of us: for we are not ignorant of his devices. (2 Cor 2:11)***

### Physical Preparation

Although fasting is primarily a spiritual discipline, it begins in the physical realm. This is also a mental preparation.

It might be helpful to begin by eating smaller meals before you go all in. If you have never fasted, start by missing one meal in the first week, then two meals in the next week or start off with missing one meal a week before you do a Daniel fast (fruits and veggies)

Resist the urge to have the last big feast before the fast. Cutting down on your meals a few days before you begin the fast, will signal your mind, stomach and appetite that less food is acceptable.

I also recommend weaning yourself off caffeine and sugar products to ease your initial hunger or discomfort at the early stages of your fast.



## Dealing With Friends And Family.

Many people are reluctant to tell others that they are fasting so they will avoid the sin of the Pharisees: fasting just to gain recognition for themselves. I strongly believe that attitude is a result of a wrong interpretation of our Lord's teaching and that it is a trick of the enemy who does not want us to fast, nor to share with your loved ones, neighbors and friends the benefits of fasting.

By isolating ourselves from the support of other Christians, we will be more susceptible to doubts and negative influences (both human and demonic).

We need the prayer support of our Christian friends and family members to help us continue when we feel alone and when the enemy tempts us to give up as he did Jesus Christ. Eventually, people will notice you are not eating.

However, I have found that unless you see them daily, they do not consider your skipped meal much of a concern. If you are asked, nonbelievers may be satisfied by such a brief answer as, "I have other plans for lunch today." Or Christians should be satisfied when you answer that you are fasting today.

## My family is concerned about my health

If you have had health challenges, it's not a good idea to disregard your family's concern during your fasting. But if you feel good and you have your doctor's approval, let them know that you are fasting under your doctor's guidance.

Assure them when they express their concerns for your health, by letting them know that you will immediately stop fasting the moment you feel you are harming your body or if you feel led by God to end the fast.

However, if you do feel things going out of control in your health, even at your doctor's care, it might be wise to stop and consult with your doctor.

There is usually no reason for telling strangers or casual acquaintances that you are fasting.

If you do, they may subject you to a lot of questions that you may not want to answer. But in any case, use your best judgment and the Lord's leading in telling people about your fast.

## Having The Best Spiritual Experience.

Receiving God's best blessing from a fast requires solid commitment. Arranging special time each day with God is absolutely crucial in attaining intimate communion with the Father. You must devote yourself to seeking God's face, even (and especially) during those times in which you feel weak, vulnerable, or irritable.

Create a set time to read His Word and pray or replace your meal times with prayer and bible reading. Meditate on Him when you awake in the night. Play worship songs and Sing praises to Him whenever you please. Focus on your Heavenly Father and make every act one of praise and worship. God will enable you to experience His command to "pray without ceasing" as you seek His presence.

As you enter this time of heightened spiritual devotion, be aware that Satan will do everything he can to pull you away from your prayer and Bible reading time. When you feel the enemy trying to discourage you, immediately go to God in prayer and ask Him to strengthen your resolve in the face of difficulties and temptations and reach out to a friend for support.

The enemy makes you a target because he knows that fasting is the most powerful of all Christian disciplines and he knows what God may do in your life and he wants to sabotage it. Satan does not want you to grow in your faith, and will do anything from making you hungry and grumpy to bringing up trouble in your family or at work to stop you. Make prayer your shield against such attacks.

My major reason for fasting at the beginning of the year is for personal revival, especially after the holidays, I always feel a little out of tune. I also believe in the principle of the first fruits, that when you give God the first, he takes care of the rest. So I desperately need God to take care of this year for me, because I don't know what this year holds but whatever it is, I will need God. So I want to give him the first. This is why we tithe, except that we are not tithing money in fasting but tithing our time.

Another reason I fast is to intercede or pray for my loved ones, my friends, my church people, my pastor, my community and our nation and also pray that we carry out the great commission of spreading the love of Jesus Christ.

## Remember to WORSHIP

True spiritual fasting focuses on God, so rev up your worship, by this you learn to put Christ at the center of it all. Worship will give you a renewed closeness with God and a greater sensitivity to spiritual things. Don't fast to have a mountain top experience, fast to glorify God.

Remember to keep your motive right, it's all about Jesus. It's about letting His Spirit have his way in your life and his will being done in your life. When your motives are right, God will honor your seeking heart and bless your time with Him in a very special way.

## How To Stay Nutritionally Balanced.

I know some of us may be concerned from a nutritional stand point. There are ways to ensure that your body still gets the nutrients it needs during your fast.

During your fast, stay away from all junk food and store fruit juices. These contain chemical additives and artificial sugars that will mess up your body's chemistry.

If you need a sugar pick up, eat natural fruits and avoid making fruit juice as the amount of sugar in a home made fruit juice will shock your body. If you want a smoothie, do a ratio of at least a 3:1 ratio of vegetables/leafy greens to a fruit.

### Not all smoothies are created equal.

You always need a fruit of some kind in your green smoothie but at the same time, make sure you limit the fruits to just one fruit plus vegetables and or greens. A complete fruit smoothie is not healthy for you just because of the sugar content in it.



The green drink will help support the process of detoxification that your body is going through. You can customise your smoothie by adding your choice of vegetables and fruits. However, remember to keep the ratio of fruits significantly lower to that of leafy greens or vegetables.

## Supplements and meal replacement drinks

Supplements can be a good way to make sure that your body is having the nutritional value it needs. However some pills require to be taken with food. So you might have to take during your eating window.

Meal replacements drinks - The purpose of these drinks, is to reduce hunger pangs, which I find self defeating in a spiritual fast.

## The Side Effects Of Fasting.

You might experience mental and physical discomforts while fasting. This should not stop you from fasting because the spiritual and physical benefits outweigh all the bad effects.

To begin, you may experience some inner conflict when you deny yourself the pleasure of eating delicious food. Any sort of fast may sometimes leave you feeling impatient and irritable. The first week may be the hardest for you.

### Here are some things to look out for:

- Hunger pains
- Bad breath
- Body odor (because of your cells' detoxing)
- Minor headaches (because of sugar or caffeine withdraws)
- Body aches (this might be caused by dehydration)
- Dizziness

## Stay focused

Fasting can be physically and mentally challenging, that is why it's of much value to be in with someone else if you can. Some one to support you when you feel weak.

During your fast, you may have your struggles, discomforts, spiritual victories, and failures.

Your mind might be consumed by how many days left rather than what God is doing in your life.

If you find yourself counting how many days left, it's time to refocus. Make sure you ask the Holy Spirit to help you stay focused. Remember what it's about.

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**YOU SHOULD STOP FASTING IF YOU ARE  
EXPERIENCING SEVERE PAIN OR SWELLING.**

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## Ending The Right Way

Based on science, you should take precaution while breaking a fast.

I remember the first 3 day total fast I did, I was not aware on how to break a fast.

After 3 days of no food at all, on the fourth day, I got myself a real meal and half way through the meal, my body went in shock, i was sweating like crazy, and thank God my wife was close and she began to fan me.

After a lot of fanning, I gained my consciousness and realized that I should have gone easy on breaking my fast.

If you are on a fruit and vegetable fast or juice fast for a prolonged time, your stomach shrinks and your intestines become idle, so solid food must be re-introduced very slowly to avoid kidney failure or digestive distress.

You must make a smooth transition before returning to eat meats, fats and normal food.

## Experts' Recommendations.

If you are on prolonged Daniel fast or juice fast, most experts agree that when breaking your fast, you want to make sure the first 3 days your diet is pretty much fruits, vegetables, broth and smoothies.

Remember your stomach is smaller now, so reduce your portions and consider the opportunity to keep it that way.

For the first 3 days stay away from starches like rice, bread, pastas or potatoes. Also avoid meats, dairy products, and any fats or oils for the first 3 days and then introduce them very slowly and in small amounts.

In terms of resuming any sort of exercise routine, the advice is the same. Start out slowly, allowing time for your body to re-adjust to its usual regime.

## Going back to the gym.

Assuming you have been on light exercise regiment during the fast, after the fast make sure you ease back in slowly to avoid injury.

Because of the fast, your muscles are not as strong as they were, so you want to gradually work yourself into intense exercises week by week.

Regardless of how energetic you feel, avoid getting into strenuous exercises right away.

## The Physical Benefits Of Regular Fasting.



- Improves brain function and clarity.
- Lose weight and belly fat.
- Improves insulin sensitivity and lowering risk of type 2 diabetes.
- May help prevent cancer.
- May increase your life span.
- May improve cardio health.
- Can reduce oxidative stress and inflammation in the body.
- Improves blood fat cells.
- Can help to stop bad eating habits
- Can help regulate hormones/curb hunger

**All the benefits above and more can be verified by reputable scientific websites - while our primary motive is spiritual, we will gladly take the physical benefits as well.**

*I pray that we all hunger and thirst after Jesus Christ. He alone Satisfies.*

*For any comments, questions or feedback, please email me at [admin@winningchristiancenter.org](mailto:admin@winningchristiancenter.org) or connect with us at our facebook page.*

# Thank You