

# HOPE+LIFE Fasting Packet

## 2022

### How do I prepare for a fast?

The physical preparation stage is how we prepare our body into the more intense phase of the fast. Start this prep time 1 week prior starting your fast.

Some simple tips:

- Drink about 100 oz of water per day to support proper liver function. The liver is the filter of the body. When you don't take enough water your liver does not function at it's highest capacity.
- Start weaning yourself off of sugars, soda, and caffeine.
- Drink 100% fruit and vegetable juices and herbal teas.
- Start on a multi vitamin with a vitamin B complex in a pill or a liquid form.
- Flax seed oil is another great supplement to add along with a multi-vitamin

### Are there any precautions I should take during the fast?

You may notice a decrease in your energy level during the fast. Do not engage in excessive exercise and get plenty of rest. To avoid becoming lightheaded and nauseous, be sure to drink plenty of water. Please remember to take any prescribed medications regularly. You may experience headaches as you withdraw from caffeine. You may also experience bad breath, acne, and body odor. All of these symptoms are temporary and a part of the detoxification process.

### How to begin

Start with a clear goal. Be specific. Why are you fasting? Do you need direction, healing, restoration of marriage or family issues? Are you facing financial difficulties? Ask the Holy Spirit for guidance. During your fast spend time with God. Pray specifically for the needs of your family, your church and what God desires for your life and read your Bible daily. The Word of God tells us in James 4:8. "Draw near to God and He will draw near to you." The Word should become your "daily bread". When you get discouraged, or feel those hunger pains, pick up your word and allow it to be your substance.

### Deciding what to fast

The type of fast you go on is up to you. You could go on a full fast in which you only drink liquids, or you may desire to fast like Daniel, who abstained from sweets and meats, and the only liquid he drank was water. Remember to replace that time with prayer and Bible study.

### What does it mean to fast?

Fasting is a personal and voluntary action you undertake as a way to seek God. How you decide to fast is also a personal and private matter. If you have diabetes or are pregnant you should not undergo a total food fast. If you are unable to do a traditional food fast you can participate by giving up something of importance in your life. This can be a favorite food, a pleasurable activity or even television.

#### 1 Timothy 2:1-2

"I exhort therefore, that, first of all, supplications, prayers, intercessions, and giving of thanks, be made for all men; For kings, and for all that are in authority: that we may lead a quiet and peaceable life in all godliness and honesty."

#### Romans 12:1

"I beseech you therefore, brethren, by the mercies of God, that ye present your bodies a living sacrifice, holy, acceptable unto God, (which is) your reasonable service."

#### Matthew 6:33

"But seek ye first the kingdom of God, and his righteousness; and all these things shall be added unto you."

#### Isaiah 58:6

"(Is) not this the fast I have chosen to loose the bands of wickedness, to undo the heavy burdens, and to let the oppressed go free, and that ye break every yoke?"

### Preparing Spiritually

Confess your sins to God. Ask the Holy Spirit to reveal areas of weakness. Forgive all who have offended you and ask forgiveness from those you may have offended (Mark 11:25; Luke 11:4; 17:3-4). Surrender your life fully to Jesus Christ and reject the worldly desires that try to hinder you (Romans 12:1-2).

### What to expect

When you fast your body detoxifies, eliminating toxins from your system. This can cause mild discomfort such as headaches and irritability during withdrawal from caffeine and sugars. And naturally, you will have hunger pains. Limit your activity and exercise moderately. Take time to rest. Fasting brings about miraculous results. You are following Jesus' example when you fast. Spend time listening to praise and worship. Pray as often as you can throughout the day. Get away from the normal distractions as much as possible and keep your heart and mind set on seeking God's face.

# January 2022

## Prayer & Fasting Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 Happy New Year!
2	3	4	5	6	7	8
9 Fast Begins <b>WEEK 1 FOCUS:</b> <b>SALVATION</b> —for family, friends, neighbors, co-workers	10 <b>WEEK 1 SCRIPTURES:</b> Luke 19:10 Acts 16:27-34	11	12	13	14	15
16 <b>WEEK 2 FOCUS:</b> <b>PROMOTION</b>	17 <b>WEEK 2 SCRIPTURES:</b> Isaiah 48:17 1 Peter 5:10 Psalm 138:8 Philippians 1:6	18	19	20	21	22
23 <b>WEEK 3 FOCUS:</b> <b>VISION</b>	24 <b>WEEK 3 SCRIPTURES:</b> Jeremiah 29:1 Psalm 37:4 Isaiah 54:2-3 Acts 18 Ephesians 1:17	25	26	27	28	29
30 First Fruits Offering/ Communion	31					

[Foods We May Eat](#)

**Whole Grains:** Brown Rice, Oats, Barley

**Legumes:** Dried Beans, Pinto Beans, Split Peas, Lentils, Black Eyed Peas

**Fruits:** Apples, Apricots, Bananas, Blackberries, Blueberries, Boysenberries, Cantaloupe, Cherries, Cranberries, Oats, Figs, Grapefruit, Grapes, Guava, Honeydew Melon, Kiwi, Lemons, Limes, Mangoes, Nectarines, Papayas, Peaches, Pears, Pineapples, Plums, Prunes, Raisins, Raspberries, Strawberries, Tangelos, Tangerines, Watermelon

**Vegetables:** Artichokes, Asparagus, Beets, Broccoli, Brussels Sprouts, Cabbage, Carrots, Cauliflower, Celery, Chili Peppers, Corn, Cucumbers, Eggplant, Garlic, Gingerroot, Kale, Leeks, Lettuce, Mushrooms, Mustard Greens, Okra, Onions, Parsley, Potatoes, Radishes, Rutabagas, Scallions, Spinach, Sprouts, Squashes, Sweet Potatoes, Tomatoes, Turnips, Watercress, Yams, Zucchini

Seeds, Nuts, Sprouts

**Liquids:** Spring Water, Distilled Water, 100% All-Natural Fruit Juices, 100% All Natural Vegetable Juices

**Foods to Avoid**

Meat	White Rice	Fried Foods	Caffeine	Carbonated Beverages	Refined sugar
Foods Containing Preservatives or Additives			Sugar Substitutes		
White Flour and All Products Using It			Margarine, Shortening, High Fat Products		

**Resources | FOR FASTING**

**Fasting Information**

[www.jentzenfranklin.org](http://www.jentzenfranklin.org)

**Recipes**

[holy-spirit-led-Christian.com/daniel-fast-recipes.html](http://holy-spirit-led-Christian.com/daniel-fast-recipes.html) (subscribe by email to receive recipes) [danielfast.wordpress.com](http://danielfast.wordpress.com) - to purchase cookbook or download

**Daniel Fast Soup**

6 large scallions  
 2 green peppers  
 1 - 2 large cans of diced tomatoes  
 1 bunch celery  
 1 large head of cabbage  
 1 pkg. Lipton Onion Soup Mix  
 Season to taste with Salt, Pepper, Curry, Parsley, bouillon cubes, etc.

(Note: Half of this recipe was made and used according to instructions by two people for four days. You can keep it continually hot in a crock pot. Refrigerate any portion not kept hot. You can also fill a thermos to take with you.)

Cut vegetables in small to medium pieces and cover with water. Boil fast for ten minutes. Reduce to simmer and continue cooking until vegetables are tender.

**FIRST | FRUITS**

One of the most important laws of the Bible involves the principle of First Fruits or the law of first things first. Did you know that this single principle has a fundamental impact on every area of your life? Understanding and living by this law helps you position yourself to receive the promises God has for you!

It's true! "Whatever you do with your first fruits governs the rest and sets the pattern for the promise to come, for the rest." And all first things belong to God!

Embrace the principle of First Fruits and release the supernatural flow of blessing in your life. Learn and apply this powerful principle in anticipation of your promise to come in this year!

God requires us to put Him first in everything, and we honor Him as first in our lives through our prayers, fasting, tithes and our offerings. The first fruit offering honors God and gives you the power and anointing to obtain wealth according to the word of God.

*"For if the first fruit is holy, the lump is also holy; and if the root is holy, so are the branches." -- Romans 11:16*

**BREAKING THE FAST | HOW TO END**

You have completed a 21-day fast. It has been a wonderful spiritual retreat, a time of refreshment with God. A withdrawal from the temptations of this world. A period of inner reflection, quiet meditation and prayer, lifted out of this world into a lofty realm where there are no earthly distractions from communing with your Father.

But now the fast has ended. It is time to return to the world of eating, a world that may have represented addiction, bondage and control.

Breaking an extended fast can be difficult. This is especially true if you were in bondage to food. It is often a period of attack. Satan wants control over your life and food has been a powerful lever. Is it possible to enter back into the world of eating and remain self-controlled? The answer is yes! Fasting was never meant to be an escape from Satan's kingdom, but a springboard to equip you in overcoming. Fear not--God has developed within you the Spirit of self-control, authority to say *no!*

When waking up a slumbering digestive system, the desire to eat will be intense. The flavors and textures of food will be enhanced by super clean nasal passages. Eating will be a brand new experience. This is the time to flex your new-found muscles of discipline and self-control. As the body screams, *I want more*, wisdom whispers, *you have had enough*. Fasting has schooled you in the fact that contentment does not come from a full belly but maintaining spiritual fellowship with the Bread of Life. *My food is to do the will of him who sent me (John 4:34)*.

Eating small amounts of raw fruits and vegetables for the first five or six days will allow the body to gently wake up the digestive system. The body will continue to detoxify and cleanse during this period. Any toxins that have accumulated will begin to move due to the sweeping action of the soft fibers of fruits and vegetables.

1. For six days gradually increase the amount of raw fruits and vegetables in your diet. To break a fast and gorge on meat, bread or junk food will be disaster. Jarring the system this intensely when the digestive system is in a sensitive state can cause stomach cramps, nausea and weakness, negating much of the benefits of the fast.
2. Eat slowly and chew your food well. Saliva has enzymes that assist in digestion. Up to 80 percent of the starch, 30 percent of the protein and 10 percent of the fat can be digested by the enzymes in saliva.
3. Do not overeat! Discover the amount of food that your body needs to live a vibrant, healthy life.
4. Make juices during the breaking period. Juices are gentle nourishment to the body. Most continue to include juice in their daily routine, for the rest of their lives.
5. Continue in the same prayerfulness you had during the fast. God should be just as much a part of your eating as He was part of your fasting.
6. Educate yourself on how to begin a lifestyle of healthy eating. Fasting is a wonderful new beginning, a foundation for a lifelong, healthy diet.
7. Discern the difference between cravings and hunger. Never feed your emotions.
8. When breaking a fast over ten days, the break-in period should be extended one day for every 4 days of fasting.

An interesting phenomena occurs after a fast. The years of conditioning your body to tolerate unhealthy foods is reversed. The body is as clean as a new-born baby. Try feeding a new-born baby Grandma's apple pie. When the body is full of toxins, its defense systems are not able to operate effectively. After a fast the natural defenses are able to perform the way God intended. Sensitivity to unhealthy food is increased. You will feel satisfied with smaller amounts of food and sluggish and tired when overeating. Rich foods, full of fat, salt, and processed sugars will cause nausea, headaches and weakness. A handful of fruit will be thoroughly satisfying. Because the digestive system has to work less, there will be boundless energy to spare.