

# HOPE + LIFE FASTING PACKET

## 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 its 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 part of the detoxification process. 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 decide 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 break the chains 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 2026 HOPE + LIFE FASTING & PRAYER CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
4 <b>Fast BEGINS</b> <b>WEEK 1 FOCUS:</b> SALVATION- for family, friends, neighbors, co-workers	5 <b>WEEK 1 SCRIPTURES:</b> Luke 19:10 Acts 16:27-34	6	7	1 Happy New Year!	2	3
11 <b>WEEK 2 FOCUS:</b> PROMOTION	12 <b>WEEK 2 SCRIPTURES:</b> Isaiah 48:17 1 Peter 5:10 Psalm 138:8 Philippians 1:6	13	14	15 <b>SPECIAL TIME OF PRAYER - 6:30PM</b>	16	17
18 <b>WEEK 3 FOCUS:</b> VISION	19 <b>WEEK 3 SCRIPTURES:</b> Jeremiah 29:11 Psalm 37:4 Isaiah 54:2-3 Acts 1:8 Ephesians 1:17	20	21	22 <b>SPECIAL TIME OF PRAYER - 6:30PM</b>	23	24
25 <b>Fast ENDS</b> First Fruits Offering/ Communion	26	27	28	29	30	31



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