

CALVARY CHRISTIAN AG

# **FAST** TRACK



A GUIDE TO BIBLICAL  
FASTING FOR SEASONED  
AND NEW BELIEVERS



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# 01

## WHAT IS BIBLICAL FASTING?



Simply put, biblical fasting is refraining from food for a spiritual purpose. This "purpose" is to press into the presence of the Lord greater than ever before. During fasting, we replace our meal times with a time of worship/devotion to God. When we discipline our bodies to come into alignment with our spirit, we begin to see God and His Presence revealed in our everyday life in all situations. In return, fasting brings a much deeper relationship with God than ever experienced.

### DOES THE BIBLE TALK ABOUT FASTING?

The short answer is yes, the Bible talks about fasting. Matthew 6:16 says, "When you fast..." Meaning that Fasting is not an "if" statement, but a "when" statement. Fasting is not presented as optional. We should be fasting throughout each year multiple times either corporately or privately as we are obediently being led by the Lord. Some scriptures have been listed below with further detail on fasting.

**EXODUS 34:28**

**DANIEL 10**

**JOEL 2:12-13**

**MATTHEW 4:1-11**

**MATTHEW 6:16-18**



# FASTING VARIATIONS

# 02

Throughout the Bible we see many different ways fasting was represented in scripture. These variations can be summed up in 3 different categories outlined below:

## 1

### ABSOLUTE FASTING

This is one of the first types of fasting we read about in the Bible.

This type of fast consists of no food or water.

In the Bible, we see Esther and Paul partake in an absolute fast for only a handful of days. Moses and Jesus are the only ones recorded in the Word of doing an absolute fast for 40 days.

## 2

### COMPLETE FASTING

A complete fast consists of water only. You would not eat any solid foods. Some people choose to drink water and juice to help maintain some energy. It would be up to you to decide if you wanted to include juice or not.

## 3

### PARTIAL FASTING

Partial fasting is abstaining from certain meals or certain foods for a period of time. The popular "Daniel Fast" would be considered a partial fast and is good for those fasting for the first time as well as Spiritual leaders.

### OTHER FASTING VARIATIONS TO KNOW:

- **Corporate Fasting-** Found in Acts 13:2-3 , Corporate fasting can be done in a variety of different ways. You could do a corporate fast with your church, a Bible study group, your spouse, and so on. Your group can decide what kind of fast you will be doing and for how long.
- **Marital Fasting-** This fast would be done in the context of marriage and where both parties are in mutual agreement to abstain from sexual desires for a certain amount of time. In 1st Corinthians 7:3-6, Paul is clear that for a time separating physically and focusing on prayer is healthy.

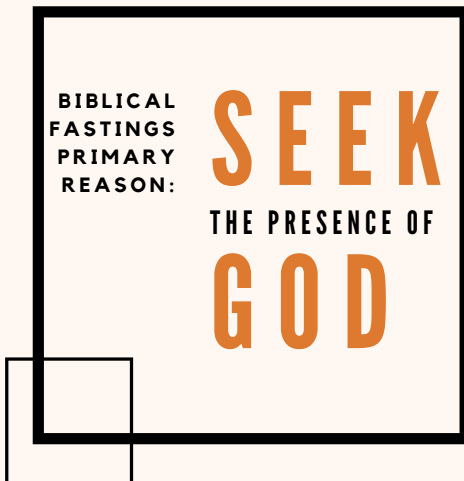
# FASTING

## VARIATIONS CONTINUED

03

### BIBLICAL FASTING VS. SELECTIVE FASTING

Biblical Fasting is categorized as fasting that you can find written in the Bible. Selective fasting is when you decide to fast items such as phones, t.v. music, etc. Although selective fasting is good for you, it is not considered true biblical fasting.



### FASTING FOR HEALTH

In today's world, we see fasting used as a means for maintaining good physical health. Fast such as: Intermittent Fasting, Calorie Restriction Fasting, Macro Nutrient Restriction Fast, and more are beneficial to health, but do not match the criteria for Biblical fasting. Naturally, fasting will help your diet and physical health, but should not be the primary reason for a religious fast. Your primary reason for Biblical fasting should be to seek a deeper presence of God.

### SEEKING MEDICAL ADVICE

Although we do walk by faith when we fast, we need to make sure that we are still aware of our body's physical needs. If you have health conditions, make sure that you talk with your primary doctor on how to proceed in the type of fast God is leading you to participate in. If you are not able to participate fully in a fast because of a physical condition, know that God is looking at the condition of the heart. God always knows your true intent.

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## DESIRE PREPARATION COMMUNITY

The three key components to a successful fast is desire, preparation, and community. Without these things working in conjunction together, fasting will be hard to maintain. These factors will be helpful in the more difficult times of fasting. Below, we have taken a deeper look into each of these three components.

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### DESIRE

Proverbs 2:2 says, “Make your ear attentive to wisdom and incline your heart to understanding...” When we understand the importance of fasting and the benefits to our spiritual health, we are able to grasp the greater vision that allows us to “press on” when we feel like giving up. Ask God to open your eyes to see the importance of fasting and the desire to fast.

Preparation will always proceed blessings. You will thank yourself later when you have prepared in advance to begin your fast. Making preparations includes knowing what type of fast you are about to begin, making a grocery list and shopping for the right type of food to match your fast, and having a intentional plan for personal devotional time.

### PREPARATION

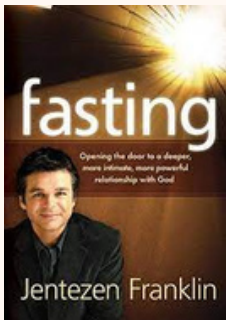
### COMMUNITY

Fasting can be a private encounter between you and God. You should be open with God when your stomach is growling or you feel like giving up. Sometimes though, during corporate fasting, it is a great advantage to have a community where you are able to share openly. Unity is bonded together when you can pray through the hard times and celebrate the victories.

# 05 RESOURCES

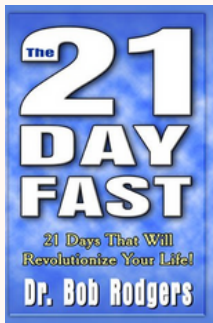
In this section, we have compiled a list of different resources that may help you along your fasting journey. Most items can be found online. There are literally thousands of books available to you on fasting. These are a few that we recommend. Take some time to see if these resources could work for you.

## 1- BOOKS



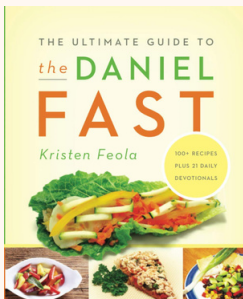
### Fasting by Jentzen Franklin.

This is a great book that Pastor Franklin from Free Chapel Church has written on the power of fasting. There is also a student edition if youth want to join.



### The 21 Day Fast by Dr. Bob Rodgers

Pastor Bob Rodgers has devoted most of his life to learning about the both the spiritual and physical benefits of fasting.



### The Ultimate Guide to the Daniel Fast by Kristen Feola

Kristen, a native of Missouri, has spent many years finding the balance between physical and spiritual health. She is dedicated to helping build your body and the kingdom of God.

## 2- ONLINE

### Calvary Christian Youtube Page

Here at CCAG, we have made it easy to access videos with in depth discussion as well as devotions on fasting with the Calvary Staff and other members of the church. Search our YouTube channel called CCAG and look for "Fasting."



### Calvary Christian Podcast

Whether you are in the car, at work, in the gym, or just at home, we have made all devotions and discussions on fasting available through our podcast. Subscribe on Apple Podcast or Spotify to keep up with the latest on Fasting and more.



Visit our website, "[calvarychristianag.org](http://calvarychristianag.org)" to find links and more websites about fasting.



# FREQUENT QUESTIONS



Below, are some frequently asked questions that you may have while beginning your journey of fasting.

06

## **WHEN DO I START FASTING AND FOR HOW LONG?**

During a corporate fast, most people tend to start and end at the same time on a scheduled date. If you are privately fasting, the decision is up to you once you have taken your desire to fast to the Lord in prayer.

## **WHAT IF I FEEL LIKE QUITTING?**

Ultimately, God has given us the ability to make our own decisions. The moments of trial and temptation is what define your character as a Christian. Note that if you mess up, God still loves you. You can either jump back on track and see the ending through or make the decision to stop in your fasting journey.

## **WHERE DO I START IN THE BIBLE DURING MY DEVOTIONAL TIME.**

A great resource during times of fasting is the Bible App. Tons of pastors have created devotionals for different lengths of time based on fasting. If you would like to read just scripture, think about re-reading the story of Jesus in the Book of John. There are 21 chapters for 21 days!



# A NOTE FROM OUR PASTOR



CALVARY  
CHRISTIAN  
ASSEMBLY OF GOD

07

I am so excited about the information on Biblical Fasting that is in your hands. It is truly a tool that will help you in this corporate fasting time that we are setting aside for our church body. It has already been said that the meaning of Biblical fasting is refraining from food for a spiritual purpose. Biblical fasting means more than just abstaining from food; it means to abstain from food in order to concentrate upon God and pray about His answer to a particular matter. While we are expected to have times of private fasting as part of worship and longing for the Lord, I believe times of corporate fasting needs to take place as we learn from the Word of God. Corporate fasting and prayer to the Lord brings about His incredible anointing, power, and often the miraculous within the body of Christ.

In II Chron. 20:1-4, as they corporately fasted as the people of God there was power in agreement. In Ezra 8:21-23, as God was transitioning the children of Israel, a corporate fast was proclaimed and there was power in the Lord for the journey. In Esther 4:16, incredible favor was given and the enemy was exposed as the people fasted and prayed to the Lord. There was power for deliverance and trust in the Lord. In Jeremiah 36.9, there was power to come in agreement with God's Word when a corporate fast was declared by the king. In Jonah 3:5, there was power for repentance and humility before the Lord as they gathered reverently to worship corporately before a Holy God.

## Ask yourself these questions before starting a fast.

- Are you hungry for His presence?
- Are you hungry for His glory?
- Are you hungry for an awakening in your loved ones?
- Are you hungry for souls to be saved in this last day?
- Are you hungry for a move of the Holy Spirit?
- Are you hungry for revival?
- Are you hungry to quit struggling with that same sin and issue going on in your life that is displeasing God?
- Are you hungry for God to reveal his direction on a job situation?
- Are you hungry enough to believe for healing from a devastating illness in you or a loved one?
- Are you hungry enough to ask the Lord to free you from an addiction?
- Are hungry to ask the Lord for wisdom in a relationship that you are in?
- Are you hungry enough to ask the Lord for discernment for an important decision?
- Are you hungry to see God move mightily in your marriage?



# FASTING IN 2024

WE HAVE PROVIDED SEVERAL OTHER RESOURCES TO HELP YOU PREPARE FOR FASTING .

HERE IS WHERE YOU CAN FIND MORE INFORMATION



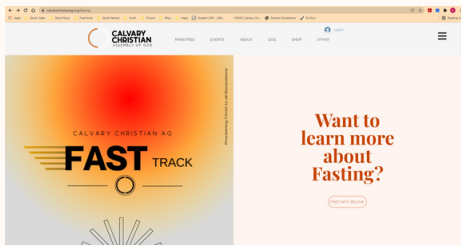
## YOUTUBE-@ CCAG

Join Pastor Floyd and Pastor Drew as they sit down to talk more in depth about fasting. Visit our channel or find us through our website at:

[calvarychristianag.org](http://calvarychristianag.org)

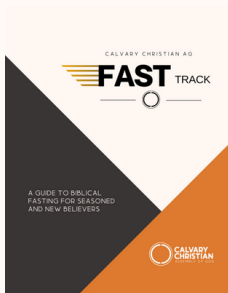
## TOPICS INCLUDE:

- Defining Fasting
- Fasting Variations
- Biblical Vs. Selective Fasting
- Benefits of Fasting
- And more!



## WEBSITE- CALVARYCHRISTIANAG.ORG/FASTING

If you want to find additional resources to everything related to fasting at Calvary, take a moment to stop by our website. You can find devotionals to accompany your fast, videos, podcast, book links, detailed information on fasting, and so much more. Don't miss this great resource.



## FAST TRACK- FASTING GUIDE

This is a free resource to use for beginners and for those more familiar with fasting. Take a moment to refresh yourselves on the topic of fasting and all that it encompasses. This guide can be used for more than just the corporate fast and has resources you can use for fasting at anytime in your life. Get your copy at CCAG today!

