

## What is Fasting?

Fasting is a modern term as well as a biblical one. When medical test and surgeries are scheduled, the patient is asked to fast hours prior to procedure being performed.

Fasting in biblical times included complete abstinence from all foods; while Daniel chose a restricted diet, know today as The Daniel's Fast. (Daniel 1:5-16)

Doing without food can make one show an outward expression ... "of a sad countenance" Jesus condemned this outward display of self pity and said for us not to ... "appear unto men to fast ... but ... "anoint thine head and wash thy face that we appear not unto men to fast, but unto thy Father, which seeth in secret, shall reward thee openly."(Matthew 6:16-18)

## Something to Consider

If you have a medical condition please consult your physician before starting a fast.

## Different Types Of Fasting

**Total Food Fast:** One chooses to abstain from all foods. Matthew 4:2 "And when he (Jesus) had fasted forty days and forty nights, he was afterward and hungered."

Act 9:9 "And he (Saul) was three days without sight, and neither did eat or drink."

**\*If you choose to do the total food fast, we suggest to drink only water during fast.**

**The Daniel's Fast:** Recorded in Daniel 1:5-16, Daniel did not eat of the king's meat and wine. Instead verse 12 "Prove thy servants, I beseech thee, ten days; and let them give us pulse (fruits and vegetables) to eat, and water to drink."

\*Foods allowed in the Daniel fast would be all fruits, all vegetables, all whole grains, all nuts and seeds and all legumes (all types of beans).

\*Foods to avoid in the Daniel fast would be all meat and animal products, all dairy products, all sweeteners, all leavened breads, all refined and processed food products, all deep fried foods, all solid fats and all beverages including but not limited to coffee, tea, herbal teas, carbonated beverages, energy drinks, and alcohol.

**Modern or Material Fast:** This is a fast that adults and children can participate in and be successful.

Examples:

Turning off Television for designated time.

Cutting sweets or snacks out

No carbonated beverages

No electronic gadgets (texting, twitter, facebook ect...)

Be creative in choosing what materialistic things or foods you can lay aside for a period of time.

**Understanding these things must be a sacrifice for you, something you may struggle with.** Remember when teaching your children, the fast should be a choice of the child and not a punishment.

**CrossWins passion is that you will take these challenges , be successful and apply biblical teachings in your life.**