

WHETHER YOU ARE BEGINNING A PRIVATE FAST, OR FASTING CORPORATELY, I BELIEVE YOU WILL FIND THESE TIPS HELPFUL.

- JENTEZEN FRANKLIN

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. Pray daily and read the Bible.

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](#)).

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.

Deciding How Long You may fast as long as you like. Most can easily fast from one to three days, but you may feel the grace to go longer, even as much as 21 to 40 days. Use wisdom and pray for guidance. Beginners are advised to start slow.

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.

How to End Don't overeat when the time comes to end your fast. Begin eating solid food gradually; eat small portions or snacks.

SIMPLY STATED, BIBLICAL FASTING IS REFRAINING FROM FOOD FOR A SPIRITUAL PURPOSE.

According to the Bible, there are three duties of every Christian: give, pray and fast. Fasting takes a lot of discipline and strength – strength which you can only receive from God. Your private discipline will bring you rewards in Heaven, says [Matthew 6](#).

When you give God your first through fasting, prayer and giving at the beginning of the year, you set the course for the entire year.

Why should I fast?

1. Are you in need of healing or a miracle?
2. Do you need the tender touch of God in your life?
3. Is there a dream inside you that only He can make possible?
4. Are you in need of a fresh encounter?
5. Do you desire a deeper, more intimate and powerful relationship with the Lord?
6. Are you ready to have heightened sensitivity to the desires of God?
7. Do you need to break away from bondages that have been holding you hostage?
8. Is there a friend or loved one that needs Salvation?
9. Do you desire to know God's will for your life?

FASTING FOCUS

ISAIAH 58:6 *"Is not this the fast that 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?"*

JOEL 2:25 *"And I will restore to you the years that the locust hath eaten, the cankerworm, and the caterpillar..."*

2 CHRONICLES 7:14 *"If my people, which are called by my name, shall 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."*

This year, Jentezen Franklin is fasting and believing for God to move in three specific areas: **RELEASE**, **RESTORATION**, and **REWARD**. Jentezen is believing for God to **RELEASE** (Isaiah 58:6) those that are being held captive by sin, addictions, depression, and other forms of bondage. Jentezen Franklin is also seeking the Lord for **RESTORATION** (Joel 2:25) specifically in the areas of family, national and international leadership as well as elections and Supreme Court decisions. Finally, Jentezen is seeking God to **REWARD** (2 Chronicles 7:14) those who "humble themselves, and pray, and seek [His] face."

These are the areas of focus for our corporate fast this year. We strongly encourage you to pray about what the focus of your fast should be and to make that decision for yourself. It is Jentezen Franklin's heart that God will touch you personally and that you will see the hand of God in every area of your own life as you fast and pray.

THE TYPE OF FAST YOU CHOOSE IS BETWEEN YOU AND GOD. HE WILL HONOR YOUR BEST SACRIFICE.

Full Fast Drink only liquids (you establish the number of days).

The Daniel Fast Eat no meat, no sweets and no bread. Drink water and juice. Eat fruits and vegetables. [Learn More](#)

3-Day Fast This fast can be a Full Fast, Daniel Fast or give up at least one item of food.

Partial Fast A partial fast is from 6:00 am to 3:00 pm or from sun up to sundown. This fast can be a Full Fast, Daniel Fast or give up at least one item of food.

Scripture References for Fasting: [Matthew 6:16-18](#), [Matthew 9:14-15](#), [Luke 18:9-14](#)

Relation to Prayer and Reading of the Word: [1 Samuel 1:6-8, 17-18](#), [Nehemiah 1:4](#), [Daniel 9:3, 20](#), [Joel 2:12](#), [Luke 2:37](#), [Acts 10:30](#), [Acts 13:2](#)

Corporate Fasting: [1 Samuel 7:5-6](#), [Ezra 8:21-23](#), [Nehemiah 9:1-3](#), [Joel 2:15-16](#), [Jonah 3:5-10](#), [Acts 27:33-37](#)

Remember that it is the attitude of a heart sincerely seeking Him to which God responds with a blessing ([Isaiah 58](#), [Jeremiah 14:12](#), [1 Corinthians 8:8](#)). May God greatly bless you as you fast!

[MORE FASTING RESOURCES](#)

<https://www.jentezenfranklin.org/fastingpdf>