

## **The Fast Track: A Simple Guide to Fasting** <sup>1</sup>

Fasting is a spiritual discipline that has been around for thousands of years. It has been practiced by many religions and many cultures all around the world. When we read about fasting in the Bible we see that we are to abstain from food for a set period of time. Going without food can be difficult and is something almost none of us are used to. And that's where the power lies. It's in those moments of hunger where we learn to lean on God more. When we aren't consuming calories, we can consume His Scripture. When we aren't cooking, we can pray. Fasting in the Bible is connected with repentance, gaining clarity, mission expansion, grief, mourning, and so much more. As you think about fasting this month, consider why you might be fasting and how'd you'd like to grow.

### **Types of Fasts:**

1. Water only.
2. Set time (no food for \_\_\_\_ Hours/Days)
3. Limiting food to one meal a day only.
4. Limiting food to two meals a day.
5. Alternate day fasting. Eating meals one day and then skipping the next.
6. Daniel Fasting. Fruits and vegetables only.

### **How to Fast:**

One of the reasons we have such a hard time fasting is because we are so used to eating. And many of our diets don't set us up to go for long amounts of time without food. Our proposal to you is that you **PREPARE YOUR BODY FOR A FAST.** <sup>2</sup>

For the first three weeks of February (February 1st-21st) do your very best to completely omit sugar and some of the more popular carbohydrates (bread, pasta, etc.) from your eating. This will help you to vastly cut down on your food cravings. Cut out snacking as well.

Then, starting February 21st, begin your fast. Set the time or choose the meal(s) to skip and fast. Consider picking out an accountability partner to help you navigate some of the difficulties. Pray for your family. Pray for your friends. Pray for CrossPointe. Below, you will find a simple meal plan of things to eat as you prep for your fast.

As an additional step, if you're able, skip breakfast the week before the 21st (February 15th-21st). This will help the body produce ketones and take the body into fat-burning mode. This will also provide some relief from cravings as the body feeds off the fat cells in the body to provide energy in the absence of food.<sup>3</sup>

### **Suggested Meal Plan:**

#### **Breakfast:**

- Eggs
- Bacon
- Sausage
- Vegetable omelette
- Plain yogurt (no added sugar)
- ½ cup blueberries
- ¼ cup walnuts or almonds

#### **Lunch:**

- Grilled protein (beef, chicken, salmon, tofu)
- Large vegetable salad
- Olive oil/vinegar for salad dressing
- Bone broth (Chicken, Beef, Vegetable)
- Butter

#### **Dinner:**

- Grilled protein (beef, chicken, salmon, tofu)
- Steamed non-starchy veggies

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<sup>1</sup> For more resources see *Eat, Fast, Feast* by Jay Richards or *Prayer and Fasting* by David Roadcup and Michael Eagle.

<sup>2</sup> For certain health conditions fasting may not be wise. If you have concerns about fasting consult your doctor first.

<sup>3</sup> We worked to develop this plan alongside a licensed nutritionist. If you'd like more information, email [trey@xpchurch.org](mailto:trey@xpchurch.org) and he will get you connected!