

FAITHFUL
FASTING
GUIDE



A PRACTICAL GUIDE
TO BIBLICAL FASTING



When.

Not if.

“When you fast, do not look somber as the hypocrites do, for they disfigure their faces to show others they are fasting. But when you fast, put oil on your head and wash your face, so that it will not be obvious to others that you are fasting, but your Father, who sees what is done in secret, will reward you.”

Matthew 6:16



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CHAPTER 1

FASTING: A BIBLICAL DEFINITION

There is some confusion about what exactly constitutes a *biblical* fast.

Well, when all else fails, read the instructions.

So we opened up the Bible and did some homework. Here's what we found:

In the Torah, the Hebrew word for “fast” is *tsom*, which means “to abstain from food.”

In the New Testament, the Greek word for “fast” is *nesteuo*, which means “to abstain from eating.”

So both the Old and New Testaments define fasting as simply ‘not eating’.

Most examples of fasting in scripture indicate that only water is taken during a fast. A notable exception is Moses' supernatural fast where he took neither food nor water for 40 days.

What this means is that abstaining from social media, video games, soap operas or Netflix, however noble, does not fit the Biblical definition of a *fast*. Refraining from these things are better understood as a *consecration*.





CHAPTER 2

DETERMINE YOUR “WHY”

It's helpful to understand *why* you're fasting.

Clarify the intention of your fast and write down your “why”. This will strengthen your resolve and help you hang in there when you're tempted to give up.

Your *why* could simply be to practice spiritual discipline and experience spiritual growth.

Or, it could be for a more specific purpose.

Here are 12 fasting “Whys” from the Bible:

1. Break Spiritual Strongholds
2. Express Dependence on God
3. Advance God's Kingdom
4. Self Examination and Reflection
5. Discern God's Will
6. Express Grief
7. Mourn
8. Seek Deliverance
9. Express Longing for God
10. Intercede for the Lost
11. Divine Guidance
12. Physical Healing





CHAPTER 3

FAITHFUL FASTING FORMULA SUPPLEMENT PROTOCOL

Here's how to use *Faithful Fasting Formula* and *Faithful Fasting Electrolytes* for best results:

Upon Waking

Take 2 *Faithful Fasting Formula* capsules with water, black coffee or green tea.

Afternoon

Take two *Faithful Fasting Formula* capsules if needed.

Late Afternoon

Take *Faithful Fasting Electrolytes* drink mix.

6 PM, eat dinner. Assuming your last meal was dinner the night before, you've just completed a 24-hour fast.

Extended Fasts

For fasts of 36 or 48 hours: Take your first two capsules at lunchtime. Then take two more if needed at dinnertime. Staggering your supplements this way will provide support when you need it most and hunger pangs are strongest.

How Many Capsules Can I Take?

Faithful Fasting Formula capsules contain no caffeine or stimulants of any kind, so you may take as many as 6 capsules on fast days. But we recommend taking at least two.





CHAPTER 4

HOW TO PREPARE FOR A FAST

The following principles will not only help get you ready for a fast, but it will prepare you for a fasting *lifestyle*.

Eat Nutrient Dense Foods

Nutrient-dense foods like meat, fish, and poultry not only deliver superior nutrition than processed foods, but also provide greater *satiety*. Which means you'll stay full longer, making your fasts more manageable.

Limit Sugar and Carbs

Start phasing out sweets, breads and pastas as much as possible. Don't get mad at me, I'm just the messenger. These foods are nutritionally empty and provide limited satiety. As a result, you will be more hungry, more often. This is why you gain weight. Simple carbs are not very filling nor nutritious, so the body quickly becomes hungry again, causing you to over eat. This leaves you overfed and undernourished.

Eat More Salt

There, I said it. Contrary to popular belief, salt is not only *not* bad for you, it is *essential* for life. Salt is the electrolyte that is depleted most rapidly during fasting. This can lead to dizziness and fatigue (that's why we created *Faithful Fasting Electrolytes*). For a more thorough explanation of the benefits of adequate salt intake, read *The Salt Fix* by Dr. James DiNicolantonio.

Stop Snacking After Dinner

Easier said than done, I know. But trust me, it's not impossible. Here's two strategies to make it more doable:

1. If you're eating a steady diet of eggs, steak, salmon and chicken breast, you'll feel much more satiated than if you're eating bread, pasta and salad. Add avocado, olive oil, and coconut oil, and you'll boost satiety even more. Adding these to your meals will dramatically reduce the temptation to snack later.

2. Go to bed earlier. If you're a night owl, you've probably noticed that the later you stay up, the hungrier you get. But if you can get to bed at say, 9:30 or 10, you will *not* get hungry. Know why? Because you'll be *sleeping*! It's a true statement deserving full acceptance that the easiest time to fast is when you're asleep.





CHAPTER 5

REASONS TO FAST

If you're still looking for a reason to fast, here are 101 to choose from:

1. Jesus fasted
2. Moses fasted
3. Daniel fasted
4. Esther fasted
5. Elijah fasted
6. David fasted
7. Nehemiah fasted
8. Ezra fasted
9. Paul fasted
10. John the Baptist fasted
11. Isaiah fasted
12. The early believers fasted
13. To mourn
14. To grieve
15. Identify with those suffering
16. Deepen intimacy with God
17. Increase mental clarity
18. Heighten your prayers
19. Strengthen self-control
20. Clarify purpose
21. Spiritual transcendence
22. Hear God's voice
23. Increase self-awareness
24. Strengthen faith
25. Grow in love
26. Grow in patience
27. Grow in peace
28. Grow in kindness
29. Grow in generosity
30. Grow in hospitality
31. Grow in humility
32. Grow in joy
33. Grow in goodness
34. Grow in faithfulness
35. Grow in gentleness
36. Grow in spiritual discernment
37. Grow in compassion
38. The disciples fasted
39. Receive anointing
40. Show dependence on God
41. To receive blessing
42. Become a blessing
43. God as sustenance
44. Grow in trust
45. Intercede for others
46. Deliverance
47. Subdue the flesh
48. Healing
49. Spiritual revival
50. Sanctification
51. Receive blessing
52. Transcendence
53. "Sup" with Jesus
54. Break addictions



REASONS CONTINUED

- | | |
|---------------------------------|--------------------------------|
| 55. Physical renewal | 81. Spiritual detoxification |
| 56. From defeat to victory | 82. Declutter your life |
| 57. Receive spiritual gifts | 83. Simplicity |
| 58. Taste that the Lord is good | 84. Shift mindset |
| 59. Consecration | 85. Spiritual inventory |
| 60. Spiritual growth | 86. Realign priorities |
| 61. Overcome temptation | 87. Empowerment |
| 62. Repentance | 88. Strengthen spiritual armor |
| 63. Grow in obedience | 89. Guidance in a decision |
| 64. Spiritual maturity | 90. Gain insight |
| 65. Grow in understanding | 91. Seek God's protection |
| 66. Grow in discernment | 92. Seek mercy |
| 67. Break strongholds | 93. Steadfastness |
| 68. Receive God's promises | 94. Receive knowledge |
| 69. Become a living sacrifice | 95. Receive prophesy |
| 70. Receive guidance | 96. Be a living sacrifice |
| 71. Clarify confusion | 97. Seek miracles |
| 72. Grow in endurance | 98. Confession |
| 73. Grow in knowledge | 99. Unlock God's promises |
| 74. Spiritual transformation | 100. Fight the good fight |
| 75. Grow in wisdom | 101. Do spiritual warfare |
| 76. Restoration | |
| 77. Quiet the inner self | |
| 78. Conquer physical desires | |
| 79. Grow in gratitude | |
| 80. Spiritual strengthening | |





CHAPTER 6

TOP 10 *PHYSICAL* BENEFITS OF FASTING

1. Weight Loss
2. Improved Blood Sugar Control
3. Lowered Blood Pressure
4. Reduced Inflammation
5. Improved Brain Function
6. Cellular Repair
7. Stem Cell Regeneration
8. Increased Lifespan
9. Shrinks Tumors
10. Improved Gut Health





CHAPTER 7

BIBLICAL FASTS

How long should you fast?

The Bible records fasts of various lengths. If you've never fasted before, we don't recommend starting with a 40 day fast, like Jesus. It's best to build up your "fasting muscles" with an 18 hour fast. You can accomplish this by finishing dinner at 6 and skipping breakfast the next morning. Then, on your next fast, you can skip breakfast *and* lunch, and that will take you to a 24-hour fast.

God does not require you to fast for a specific length of time. The only requirement is that you do it sincerely, humbly and prayerfully. However, the longer you fast, the greater the spiritual and physical benefits. Below are seven fasts from the Bible ranging from 1 to 40 days.

1 Day Fast - 2 Samuel 1:12

2 Day Fast - Acts 13:2

3 Day Fast - Esther 4:16

5 Day Fast - Nehemiah 1:4

7 Day Fast - 2 Samuel 31:13

14 Day Fast - Acts 27:33-34

40 Day Fast - 2 Samuel 1:12



CHAPTER 8

MAXIMUM FAST LENGTH

Researchers at the True North Health Foundation in northern California conducted a study to determine the maximum length a human could fast, safely. The study was performed under strict medical supervision with healthy subjects.

The result? The maximum number of days a person can fast without any adverse health effects is 40 days. Do you know anyone who's done a 40-day fast?





CHAPTER 8

FASTING PRO TIPS

Fasting is hard. Which probably explains why most Christians don't do it. But everything worth doing is hard. That's why we're here to help, coach, encourage and spur you on to fasting success!

The following strategies are designed to make your fasts more manageable, blessed and transformative.

1. Get A Fasting Buddy

Jesus did not send the disciples one by one, He sent them out two by two. The reason is because God does not intend for us to live out our faith in isolation. Two are better than one because together, you can support, encourage and lift each other up during your fast.

2. Go To Bed Early

I'm talking 9:30-10. Because the later you stay up, the hungrier you get. And the last thing you want to do is sabotage your fast right before you go to bed. But if you can hit the sack early, you won't be tempted to wander into the kitchen and find some leftovers that have to be eaten right away, otherwise, they'll spoil.

3. Skip Breakfast

Start skipping breakfast—*permanently*. But, wait, I thought breakfast was the most important meal of the day. Nonsense. That's a marketing strategy used by the food industry to make you buy their breakfast products.



PRO TIPS CONTINUED

But here's the main reason you should skip breakfast: The hunger hormone "*grehlin*" is lowest at 7 AM and highest at 7 PM. So the easiest meal to skip is breakfast—because it's when you're the least hungry. Plus, if you eat a nutrient dense dinner the night before, skipping breakfast shouldn't be that hard, especially if take coffee or green tea. Not only that, when you wake up, you've already fasted for 14 hours (depending on when you finished dinner). So why stop there? Keep going!

4. Go Keto

Adopt a ketogenic diet: high protein, high fat. Here's why: For most of human history, that's what humans ate, because that's all there *was*. Meat, eggs and milk. Except they didn't call it a "diet", they just called it "eating". They didn't have all the processed junk we eat today. Nor did they have all health problems we have today.

Also, for most of history, people ate only three or four times a *week*. Not three or four times a *day*, like we do. And they were way healthier for it.

Also, a ketogenic diet will provide greater satiety and superior nutrition, both of which will sustain you robustly during a fast. Best of all, you'll feel better and look better.

5. Drink Lemon Water

Stay hydrated throughout the day with lemon-water. Lemon-water boosts energy and alertness, accelerates detoxification and helps curb hunger. If you're using *Faithful Fasting*



PRO TIPS CONTINUED

Electrolyte drink mix, add lemon juice to it (to taste) as this will amplify the potency of the electrolytes.

LEMON WATER RECIPE (not for the faint of heart)

- 1 tablespoon to $\frac{1}{4}$ cup of lemon juice per 1 cup of water (depending on how much you can tolerate)
- Dash of cayenne pepper
- Stevia to taste

Fresh lemons are best, but bottled lemon juice also works well.

6. Take Vitamin B12

B12 or better yet a B Complex supplement will keep you energized and alert during your fast. Taking vitamins is important in general, but especially while fasting. B vitamins play a crucial role in DNA synthesis and energy production. B vitamins also support brain and nerve function, red blood cell formation, mood regulation, bone health and prevents anemia.

7. Stay Hydrated

We discussed the benefits of hydrating with lemon water above, but hydration itself deserves some emphasis. Proper hydration supports energy levels, digestion, blood pressure, brain function and regulates body temperature.

Insufficient hydration, on the other hand, makes you feel *hungry*. So in many cases, when you feel like eating, you're



PRO TIPS CONTINUED

really just dehydrated. So the next time you're feeling hungry, drink a glass of lemon water and watch what happens.

8. Make Contingency Arrangements

If you are usually responsible for preparing meals for family members, you'll want to politely excuse yourself from that responsibility, if possible. Because handling food at meal time, when you're trying not to eat, could derail your fast. Especially on your first fast day.

I have found that on the second or third day of a fast, my hunger has all but disappeared, so I *can* prepare meals for my kids without any problem.

9. Notify Appropriate Parties

If you typically have your meals with family members or a partner, you'll want to let them know you won't be joining them. Do not attempt to sit at the dinner table without eating and white-knuckle it through a meal. Remember, during a fast, meal time is *God time*. Go to your room, close the door and feast on the Lord.

10. Gird Your Mind

This may be the most underappreciated but important aspect of successful fasting. Fasting is certainly a physically challenging discipline—but it is even more challenging *mentally*. As the venerable philosopher Yogi Berra once said, “90 percent of the game is half-mental”. This is as true for fasting as it is for baseball.



PRO TIPS CONTINUED

The enemy *wants* you to eat that donut. He *wants* you to give in and eat that lasagna. The enemy will throw every temptation imaginable at you once you resolve to fast. Expect it and be ready. Rebuke the enemy using the Word of God. That's what Jesus did.

This is to say nothing of the unending stream of alluring food advertising that you are bombarded with every day. Therefore, *gird your minds for action*. Prepare yourself mentally. Put on your game face. Listen to podcasts on Christian fasting. Read up on the sacred fasting traditions of the church. Pray with your fasting buddy and get busy on your prayer list. There's a lot you can do to steel your mind, strengthen your resolve and fortify your spirit as you gear up for your fast.

11. Be Patient with Yourself

We sometimes find it easier to be patient, kind, and forgiving toward others, than with ourselves. Be kind to yourself. We're all human. We mess up. A lot. So if you slip up on your fast, don't beat yourself up. Just gather yourself, and try again tomorrow or the next day.

If it makes you feel any better, no one has blown it more spectacularly when it comes to fasting than me. But each time I stumbled, I got back up and tried again. I will tell you that following the tips outlined here have really helped me stay on track with my fasts. And as a result, I've made them a regular part of my fasting practice.



CHAPTER 10

LONGEST FAST IN HISTORY



If you think fasting for a day is hard, try fasting for a *year*.

That's what this guy did. In fact, he did way more than that.

According to The Guinness Book of Records, Scotsman Angus Barbieri pulled off the longest fast ever recorded—382 days. That's a year and 26 days—without food. Yikes!

From June 1965 to July 1966, Mr Barbieri subsisted on tea, coffee, vitamins and yeast extract while living at home, frequently visiting Maryfield Hospital for medical evaluation.

Barbieri was the son of Italian parents who settled in Tayport, Scotland and operated a Fish and Chips restaurant there. He went from 456 pounds, all the way down to 180 pounds, losing 276 pounds in the process and setting a world record for the length of a fast.



LONGEST FAST CONTINUED

Although he ate no food, Mr Barbieri *was* carrying 276 pounds of “stored energy” on his body.

On average, 1 pound of body fat contains about 3,500 calories of energy. That means that Mr. Barbieri had 966,000 calories to burn. If you do the math and divide the calories by the number of days, he “consumed” a robust 2,529 calories per day for over a year. That is a very generous caloric allowance.

So when you fast, you are not “starving”. Far from it. On the contrary, your are feasting on stored energy.

With this man’s example in view, suddenly fastng for a day or two doesn’t seem so daunting, does it?





INSPIRATION

Taste
and
see
that
the
Lord
is
good.

Psalms 34:8

Fasting
reveals
the things
that
control
us.

I
continued
fasting and
praying
before the
God of
heaven.

Nehemiah 1:4

Fasting shows
that you're
the boss of
your body.

And that you
don't take
marching
orders from
your belly.

I am
the bread
of life.
Whoever
comes to
Me will
never go
hungry.

John 6:35

Fasting
helps you
shrink
physically
and grow
spiritually.



mytemple

faith-based supplements