

READY TO
RECLAIM THE
TEMPLE?

FASTING GUIDE

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INTRODUCTION: WHAT IS FASTING?

Fasting is the voluntary act of abstaining from food for a set period, with a specific purpose. Biblically, fasting is a spiritual discipline used to seek God's guidance, deepen prayer, and humble oneself before the Lord (Matthew 6:16-18). Physically, fasting allows the body to rest, reset, and heal, promoting metabolic health and mental clarity. Unlike starvation, which is involuntary and harmful, fasting is a purposeful, controlled practice.

Common types:

Intermittent fasting (such as 16:8 or 18:6 time windows)

24-hour fasts

Extended fasts: 36 to 72 hours or 3–7 days.

When practiced wisely, fasting creates a powerful synergy between science and faith, aligning physical renewal with spiritual awakening.

WARNINGS & CONSIDERATIONS

Fasting can offer powerful health and spiritual benefits, but it is not appropriate for everyone. Individuals who are pregnant or nursing, those with a history of disordered eating, diabetics (without medical supervision), and anyone on prescription medications should avoid fasting without first consulting a healthcare provider. During a fast, it's crucial to monitor your body closely. Signs such as dehydration, dizziness, mood swings, or overexertion can indicate a need to pause or adjust your fasting plan. Always prioritize safety and consult a qualified medical professional before attempting any extended or intensive fasting regimen.

FASTING DO'S & DON'TS

Do's:

- Stay hydrated (add electrolytes)
 - Break your fast gently
 - Pray and journal during the fast
 - Start small and build gradually
 - Have accountability
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Don'ts

- Binge before or after
- Use fasting as punishment or weight-only focus
- Break a fast with sugar or heavy carbs
- Overtrain or neglect rest

FASTING PROGRESSION PLAN

Beginner Phase – Intermittent Fasting (Weeks 1–2)

- 12:12 → 14:10 → 16:8
- Sample day: Start and end with protein.
- Benefits: Improved insulin sensitivity, hunger regulation, mental clarity

Intermediate Phase – 24-Hour Fasts (Weeks 3–4)

- 1-2 fasts per week (e.g., dinner to dinner)
- Increased spiritual discipline
- Detox, digestive rest

Advanced Phase – Extended Fasts (Weeks 5–8)

- 36-hour fasts or 3-day spiritual fasts
- Deeper autophagy, mental reset, spiritual clarity
- Journaling prompts: What is God revealing to me in this fast?

BENEFITS OF FASTING (SPIRITUAL + PHYSICAL)

<u>Stage</u>	<u>Spiritual Benefits</u>	<u>Physical Benefits</u>
16:8	Prayer focus, discipline	Improved metabolism reduced insulin
24hr	Repentance, clarity	Fat burn, inflammation reduction
48hr+	Deeper dependence on God	Autophagy, brain health

“Fasting sharpens the sword of the Spirit in your daily battle.”

HOW TO FAST BIBLICALLY

Biblical fasting begins with humility, not performance. As Jesus taught in Matthew 6, fasting should be done in secret, with a heart set on honoring God rather than gaining attention. Approach each fast with reverence, journaling Scriptures that speak to your spirit and help anchor your focus. Use a simple prayer structure to stay aligned throughout the day: Morning – Surrender your desires and agenda to God; Midday – Realign your thoughts, energy, and emotions with His truth; Evening – Reflect on what He revealed and give thanks. A sample prayer: “Lord, today I empty myself so that You can fill me. Help me walk in Your strength, hear Your voice, and hunger for righteousness more than food. Amen.”

HOW TO BREAK A FAST SAFELY

Breaking a fast requires just as much intention as beginning one. Start with gentle, nutrient-dense foods like bone broth, fresh fruit, or clean proteins such as grilled chicken or eggs. These help ease your digestive system back into action without causing stress or inflammation. Avoid breaking your fast with sugar, fried foods, or heavy carbs, as they can spike blood sugar and lead to discomfort or fatigue. Instead, plan your refeed window with balanced meals that nourish and stabilize your body, supporting the physical and spiritual reset you've just completed.

CITIZEN OF HEAVEN, SOLDIER ON EARTH

Reclaiming the temple is not just a journey of weight loss—it's a declaration of war against spiritual apathy, physical compromise, and the excesses of a culture that glorifies self over surrender. As citizens of heaven and soldiers on earth, we are called to honor God not only with our hearts but also with our habits. Fasting is a weapon of alignment, discipline, and devotion. "You were bought with a price. Therefore honor God with your body." – 1 Corinthians 6:20. Stay faithful. Stay focused. Soldier on.



Want to go further?

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