**IRM – 21 DAY FASTING INFO**

More Info for the 21 Corporate Day Fast:

When addressing the Pharisees as to why His disciples did not fast, Jesus said, “Can you make the friends of the bridegroom fast while the bridegroom is with them? But the days will come when the bridegroom will be taken away from them; then they will fast in those days” (Luke 5:34-35).

**Blessings of fasting:**

Deuteronomy 28:13-14; Deuteronomy 28:2; 2 Chronicles 7:14; Isaiah 58:8

**Corporate fasting:**

1 Samuel 7:5-6, 2 Chronicles 20-34, Ezra 8:21-23, Nehemiah 9:1-3, Joel 2:15-16, Jonah 3:5-10, Acts 27:33-37

**Daniel fast:**

 Daniel 10:2-3

**Esther fast:**

Esther 4:16

**Fasting Do’s:**

Matthew 6:16-18

**Fasting Don’ts:**

Matthew 6:16-18, Luke 18:9-14

**Prayer and scripture that go with fasting:**

Luke 2:37; Nehemiah 1:4; 1 Samuel 1:6-8, 17-18; Daniel 9:3, 20; Joel 2:12; Acts 10:30; Acts 13:2; 1 Corinthians 7:5

**Preparing to fast:**

Mark 11:25; Luke 11:4; Romans 12:1-2

**When to fast:**

Matthew 9:14-15

**Why fast**:

Romans 12:1; Matthew 6:33; Mark 9:29; Isaiah 58:6; 1 Samuel 7:3; Luke 4:1-13

**How to Begin**

IRM will start with a clear goal. We will be specific. Please read your daily prayer log for the church body. 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](https://www.biblegateway.com/passage/?search=Mark11:25;&version=9;); [Luke 11:4](https://www.biblegateway.com/passage/?search=Luke11:4;&version=9;); [17:3-4](https://www.biblegateway.com/passage/?search=Luke17:3-4;&version=9;)). Surrender your life fully to Jesus Christ and reject the worldly desires that try to hinder you ([Romans 12:1-2](https://www.biblegateway.com/passage/?search=Romans12:1-2;&version=9;)).

**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.

We suggest that you do not drink **milk** because it is a pure food and therefore a violation of the fast. Any product containing protein or fat, such as milk or soy-based drinks, should be avoided. These products will restart the digestion cycle and you will again feel hunger pangs. Also, for health reasons stay away from caffeinated beverages such as coffee, caffeinated tea, or soda. Because caffeine is a stimulant, it has a more powerful effect on your nervous system when you abstain from food. This works both against the physical and spiritual aspects of the fast.

Another key factor in maintaining optimum health during a fast is to limit your physical activity.

Although not mentioned in the Bible we as Christians today can also commit to fasting from other activities:

a. Electronics
b. Computers
c. TV
d. Video games
e. Limited cell phone use if possible.
f. Try to give up some entertainment like sports and movies and focus more on Prayer and Bible Study

FOODS/ITEMS YOU MAY **NOT** TO EAT OR ADD TO FOOD:

* NO MEATS(this includes chicken and fish BUT ONLY for those who choose the Advanced FASTING…the one that Pastor is doing.
* White flour and all products using it
* White rice, white bread, hominy(corn meal) and pasta
* Fried foods
* Carbonated beverages, including diet sodas
* Wine or any other alcoholic drinks
* Foods containing preservatives or additives
* Refined sugar, Iodized Salt, and other seasonings that are not organic seasonings
* High fructose corn syrup
* Chemical sugar substitutes
* Margarine, shortening, animal fat, high fat products

**Foods YOU CAN EAT:**

1. Whole Grains: brown rice, oats, rolled oats, oatmeal, barley, corn, popcorn, wheat

2. Legumes: dried beans, pinto beans, split peas, lentils, black eyed peas, green beans, green peas, peanuts, etc. Grain legumes include beans, lentils, lupins, peas and peanuts.

3. Fruits: apples, apricots, avocados, bananas, berries, blackberries, blueberries, boysenberries, breadfruit, cantaloupe, cherries, coconuts, cranberries, dates, figs, grapefruit, grapes, grenadine, guava, honeydew melons, kiwi, lemons, limes, mangoes, melons, mulberry, nectarines, oats, olives, oranges, papayas, peaches, pears, pineapples, plums, prunes, raisins, raspberries, strawberries, tangelos, tangerines, watermelon, etc.,

4. Vegetables: artichokes, asparagus, beets, broccoli, brussel sprouts, cabbage, carrots, cauliflower, celery, chili peppers, corn, cucumbers, eggplant, garlic, gingerroot, kale, leeks, lettuce, mushrooms, mustard greens, okra, onions, parsley, any peppers, any potatoes, radishes, rutabagas, scallions, spinach, sprouts, squashes, sweet potatoes, tomatoes, turnips, watercress, yams, zucchini, etc.

5. Seeds: all nuts, natural peanut butter, natural almond butter, sprouts, ground flax, etc.

6. HONEY, Natural decaffeinated TEA\*\*, maple syrup

7. Liquids: spring water, distilled water, filtered water, 100% all natural fruit or vegetable juices

**Other Food items to Avoid during Your Fast**

a. Avoid caffeinated drinks.

b. Avoid chewing gum and mints even if your breath is bad. Drink decaffeinated mint tea to assist with your breath.

\*The reason why we avoid these items is because they stimulate digestive action in your stomach and may make you feel hungry.