

- We fast to hear from God. We do not fast to lose weight.
- We fast to deepen our relationship with Him, spend more time in His Word and in His Presence.
- We fast to break chains and to unleash the power of God. We listen better when we are not focused on food, but are focusing on Him.



We do **NOT** recommend water-only fasts. We recommend watered down freshly-juiced vegetables (you may add an apple or carrot, but do not consume a lot of fruit during a fast), pureed vegetable soup (specifically pureed cabbage soup made with bone broth), egg drop soup and other simple nutritional liquids. You can consume just bone broth.

We want to be wise in our fasting. If you are pregnant, diabetic, or have other health issues that are a concern, please consult with your physician before you fast. This document does not contain and should not be considered medical advice. You may need to modify your fast for health reasons. As you modify it, keep in mind when we fast our focus is on God and time in His presence. Fasting without praying is just not eating.

Blessings as you prepare and fast!

Understand The 5 Phases of Fasting

Phase 1: Marked by craving food and may last for a couple days or longer. This is a period of submitting your soul (mind/will/emotions) to your spirit.

Phase 2: Marked by fasting symptoms such as weakness, fatigue, chills, headaches, nausea, dizziness, moodiness. Probably the hardest period of the fasting process. May last two or more days. This is a period of submitting your body to your spirit.

Phase 3: *The Fasting Zone:* Marked by little or no concern for food. When you feel with certainty that you could continue the fast indefinitely and wonder why you were ever controlled by food, you'll know you are "in the zone." You will have a sense that the things of this world have grown strangely dim and your awareness of spiritual things becomes more alive. May have some weakness but nothing like Phase 2.

Phase 4: *Termination Phase:* Marked by returning hunger pangs (and can occur as late as Day 21 to 40). On these longer fasts, it's a warning bell that the body is beginning to draw on live tissue and should be heeded.

Phase 5: *Grieving the Fast:* Marked by a time of grieving as you return to "normal" life. You may no longer be in the glorious Fasting Zone, but trust that Holy Spirit has accomplished a significant work in your life. Rejoice in that.

Additional Resources

14 Tips for Fasting: <http://donnapartow.com/how-to-fast/>

In this article, Donna shares wisdom on what to do while fasting as well as what not to do while fasting. This information will help you achieve the greatest possible results in body, soul, and spirit while you prepare yourself to hear from the Lord.

The Cabbage Soup Recipe:

<http://donnapartow.com/about-the-infamous-cabbage-soup-diet/>

Here you will find the recipe for the cabbage soup that Donna recommends consuming during a fast.