



Fasting

STARTER KIT

CHRISTIAN FASTING GUIDE

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Supplements

Electrolytes are essential minerals—like sodium, potassium, and magnesium—that help regulate vital functions such as hydration, muscle contractions, and nerve signaling. When fasting, your body sheds water and electrolytes more quickly, especially if you’re drinking more water or cutting carbs. Without replenishment, you may experience fatigue, muscle cramps, headaches, or a lack of focus—commonly called the “keto flu.”

Replenishing electrolytes during fasting ensures your body stays hydrated, maintains energy levels, and supports overall well-being without breaking your fast.

Recommended Electrolytes

- *LMNT Electrolytes*: are perfect for fasting because they provide a clean, balanced formula with no sugar, ensuring you get the sodium, potassium, and magnesium your body needs to thrive.
- *Redmond ReLyte*: offers a natural, high-quality blend of electrolytes from ancient sea salt, with minimal additives,

making it another excellent option for fasting. Both options are ideal for maintaining electrolyte balance and avoiding the common pitfalls of fasting.

- *AG1 (Athletic Greens)* can be a great addition to your fasting routine because it provides a concentrated source of vitamins, minerals, and superfoods to support overall health. While traditional fasting focuses on abstaining from food, incorporating a nutrient-dense option like AG1 on non-strict fasts can fill nutritional gaps and enhance energy, focus, and recovery.

Packed with probiotics, adaptogens, and antioxidants, AG1 supports gut health, immunity, and mental clarity – all vital during fasting. It's especially helpful for those transitioning into fasting or looking to maintain optimal health while focusing on long-term wellness.

Recommended Liquids

Biblical fasting is simple in definition. It is not eating food. Liquids are acceptable, and the higher quality liquids you consume, the better you will feel. Liquids such as coffee, tea, juice, and broth are all acceptable.

Cream and sugar are permitted in your coffee or tea. Remember, we are simply not eating food. Any juice is acceptable, however we recommend looking for the lower sugar options. Fresh-pressed juices, such as a green juice, when available are excellent options.

Drinks like soda and energy drinks are not off-limits, but you most likely will not feel the best if you are drinking large amounts of them. Take advantage of this opportunity to reset your body physically as well as spiritually!

Bone broths are also an excellent option and full of nutritious benefits. Bone broths are readily accessible in your local grocery stores. We love the brand [Kettle & Fire](#) and [Brodo](#) for bone broth options. Drinking warm liquid such as bone broth or hot tea will help you to feel “full” and is helpful especially in the evening.

Can I Do a Partial Fast?

The shortest length of a fast that we can see modeled in Scripture is what may be commonly called the “six to six fast.” (6 am to 6 pm) God’s people have modeled this type of fasting since the Old Testament. (See Judges 20; 1 Samuel 14; 2 Samuel 1.)

I suggest those who are new to fasting begin with this type of a “six to six” fast before advancing to longer fasts. Use that time to faithfully seek the Lord in prayer and study of his Word. This will be far more beneficial than an extended diet that doesn’t crucify the flesh.

Personal Tip: One thing to keep in mind on the 6-6 fast is that when you eat after hours spent fasting you will reset your hunger. I am always hungrier when I do partial fasts versus a complete one.

How to Properly Start a Fast

It's wise to prepare your body for what's to come, especially if you're planning to do an extended fast or even a shorter, water-only fast.

If you're going to do the latter, it may be a good idea to begin cutting back on coffee, tea, and sugary drinks as early as a week ahead of time.

This may help curb different withdrawals and headaches after you begin fasting. Most people don't realize how addicted their bodies are to caffeine and sugar until they fast. Dr. Otto Buchinger was a German physician who dedicated himself to studying the therapeutic benefits of fasting and was credited as the first to document the beneficial effects of fasting on a number of diseases.

In his book, *About Fasting*, he recommends that you eat a diet consisting only of fresh fruit on the last day before fasting. He suggests that the "fruit day" ensures that the last meal left in your bowels is fruit, which causes less decay than other food residues.

On the spiritual side, ask the Lord to strengthen you during your fast. Set goals in prayer, prepare specific requests, and attach the correlating Scriptures to them. Decide on a Bible reading plan, and seek the Lord.

5 Common Fasting Myths

Myth 1: I can choose any fast I want e.g. social media, sugar, or streaming services.

Truth 1: Biblical fasting has always been abstaining from food. While it's great to avoid distractions like social media and streaming services while fasting, biblical fasting is always abstaining from food.

Myth 2: Fasting will ruin my metabolism.

Truth 2: This is a legitimate concern for many people who are considering fasting. Some people believe that when you fast, your body enters "starvation mode," and your metabolism slows considerably, preventing you from burning fat in the future.

However, that's not true. In fact, even short-term fasts may increase your metabolic rate. Contrary to popular belief, eating more frequently doesn't increase your metabolic rate causing your body to burn more calories.

Myth 3: I shouldn't have sex with my spouse during extended fasting and prayer.

Truth 3: Paul wrote to the Corinthians about this very issue. He emphasized the importance of married couples making room for intimacy. As the husband has control of the wife's body, and the wife has control of her husband's body, there should never be sexual deprivation. (1 Corinthians 7:5)

If your husband or wife doesn't agree with pausing intimacy, it should not be done. Your spouse has authority over your body (1 Corinthians 7:3-4).

Myth 4: I can still exercise when fasting.

Truth 4: It's important to remember that fasting is a time to separate yourself from your everyday routine and deny your flesh. I'm not saying you can't continue to work out if you're fasting for a shorter period of time, but during extended fasts, exercise isn't a good idea.

You're already severely limiting your caloric intake, and—if fasting properly—your blood sugar will be low. Burning additional calories isn't a good idea. Exercise will also make you hungrier and increase the probability that you'll break your fast. If you can't pause your workout regimen for three, seven, ten, or twenty-one days to seek the Lord, it has taken control of your life and become an idol to you. (See 2 Peter 2:19.)

Myth 5: My fast should be totally secret.

Truth 5: A common concept taught among Christians is that you must keep your fast a total secret or risk losing your spiritual reward.

I've seen this take awkward turns in conversation and sometimes border on lying. This is a misrepresentation of what Jesus taught during his famous Sermon on the Mount (Matthew 6:16).

In this passage, Jesus isn't swearing his followers to secrecy. He's making a point that you shouldn't parade your fasting around to gain the attention of others. It's a deadly form of pride, and it makes fasting and prayer worthless.

Obviously, during a corporate fast, everyone will be aware that the others are fasting. You're not forfeiting your reward in these instances.

The most important thing to remember is that you should never flaunt your fasting in front of others to look more holy or spiritual. That kind of pride will cause you to lose your reward.

Bible Reading Plan

One of our favorite Bible reading plans is the New Testament in one month. In order to complete this plan, simply read nine chapters of the Bible each day from Matthew to Acts, and eight chapters a day from Romans to Revelation.

Some may feel that this plan contains too much reading. However, when you're cutting everything else out of your schedule including meals, streaming services, and social media, it's easy to spend an hour reading the Bible.

Whatever plan you choose, be clear about what your daily reading is and stick to it.

Recommended Reading

I wrote two books that I believe will help you immensely:

A Complete Guide to Biblical Fasting: Master the Habit that Provokes God's Favor

The 21-Day Fast Field Guide: A 21-Day Fasting Devotional

Also to read:

Fasting – Jentezen Franklin

God's Chosen Fast – Arthur Wallis

Prayer that Brings Revival – David Yonggi Cho

Prayer Points

Praying according to Scripture aligns your prayers with God's will, ensuring they are rooted in His promises and truth. The Bible serves as the foundation of faith, and when you incorporate Scripture into your prayers, it builds confidence that God hears and answers (1 John 5:14-15).

It also helps to focus your prayers, avoiding vague or repetitive requests, while increasing faith as you declare His Word over your life and circumstances. In *A Complete Guide to Biblical Fasting*, I provided 100 prayer points to kick start your prayer time. For example:

- Give me an overwhelming desire to live for you with all my heart. [Matthew 5:6 / Psalm 51:10]
- Thank God that because of your righteous dedication you will never be weakened, downsized or withered. [Psalm 1:3]

How to Break Your Fast

When you break your fast, you must use wisdom so that you don't injure yourself. If you've only fasted for a few days, you may return to normal eating without any problem. However, if you've just finished an extended fast—particularly an extended, water-only fast—here are some steps to take as you begin eating again.

First, as a rule of thumb, for every seven days you've fasted, take one day to reacclimate yourself to eating. During this reentry period, eat foods that are easy on your digestive system.

During extended fasting, your stomach shrinks, and your digestive system has taken a rest. It's important not to overextend yourself, especially when your hunger comes back, and you're ravenous—which you will be.

During the reentry time, start by drinking fresh fruit juices. After that, begin to eat the fruit itself as well as milk and yogurt. Next, you may introduce salads and vegetables. Finally, as you reintroduce protein, it's best done with cheese, eggs, and nuts, adding fish and meat last of all.

Stay Consistent

Christ expects his followers to fast and pray. Not just once a year. The early church would fast and pray for two days every week. You're on the right track.

Though the Bible doesn't give us specific lengths to fast and pray, we should seek God consistently. Don't allow it to only be once a year; schedule your dedication to the Lord and watch his faithfulness flood your life!