

21-DAY FASTING GUIDE

THE EKKLESIA 21-DAY FASTING GUIDE

Breaking Egypt's Appetite, Building Kingdom Hunger

INTRODUCTION TO FASTING

What is fasting?

Fasting is the voluntary abstinence from food or other distractions for a spiritual purpose. It's not about impressing God or earning favor—it's about creating space to hear Him, seek Him, and surrender to Him.

Why fast?

- It breaks fleshly appetites that compete with spiritual hunger
- It sharpens spiritual sensitivity to God's voice
- It accelerates breakthrough in areas of stubborn resistance
- It demonstrates sacrificial worship that honors God above comfort

Biblical foundation:

- Moses fasted 40 days before receiving the Ten Commandments (Exodus 34:28)
- Jesus fasted 40 days before beginning His ministry (Matthew 4:2)
- The early church fasted before making major decisions (Acts 13:2–3)
- Daniel fasted 21 days and received prophetic revelation (Daniel 10:2–13)

TYPES OF FASTS (CHOOSE WHAT'S RIGHT FOR YOU)

1. THE DANIEL FAST (Most Common)

What it is:

Abstaining from meat, sweets, bread, and processed foods. Eating only fruits, vegetables, whole grains, nuts, seeds, and water.

Biblical basis:

Daniel 10:2–3 — "During that time I had eaten no rich food. No meat or wine crossed my lips, and I used no fragrant lotions until those three weeks had passed."

Best for:

Those new to fasting, those with health conditions that prevent total food fasts, families fasting together.

What you CAN eat:

- Fresh or frozen fruits and vegetables
- Whole grains (brown rice, oats, quinoa)
- Legumes (beans, lentils, chickpeas)
- Nuts and seeds
- Water, herbal tea

What you CANNOT eat:

- Meat, poultry, fish
- Dairy products
- Eggs
- Sweeteners, sugar, artificial sweeteners
- Bread, pasta (unless whole grain and unleavened)
- Fried foods, processed foods
- Caffeine, soda, alcohol

TYPES OF FASTS (CHOOSE WHAT'S RIGHT FOR YOU)

2. THE PARTIAL FAST

What it is:

Fasting one meal per day (usually breakfast or lunch) and using that time for prayer.

Biblical basis:

Daniel 1:12 — "Please test us for ten days on a diet of vegetables and water."

Best for:

Those with demanding work schedules, those who cannot do extended fasts, beginners.

How to do it:

- Skip breakfast and pray during that time
- Skip lunch and use your lunch break for Scripture and intercession
- Eat a light dinner, focusing on whole foods

TYPES OF FASTS (CHOOSE WHAT'S RIGHT FOR YOU)

3. THE FULL FAST (Water Only)

What it is:

Abstaining from all food, drinking only water for a set period (24 hours, 3 days, 7 days, etc.).

Biblical basis:

Esther 4:16 — "Go and gather together all the Jews of Susa and fast for me. Do not eat or drink for three days, night or day."

Best for:

Those experienced in fasting, those seeking major breakthrough, those in urgent spiritual warfare.

CAUTION:

- **Consult a doctor if you have health conditions (diabetes, pregnancy, heart issues, etc.)**
- **Do not attempt extended water fasts (3+ days) without medical clearance**
- **Break the fast slowly with light foods (fruit, broth, small portions)**

TYPES OF FASTS (CHOOSE WHAT'S RIGHT FOR YOU)

4. THE MEDIA/DIGITAL FAST

What it is:

Abstaining from social media, TV, streaming services, or other digital distractions for 21 days.

Biblical basis:

Psalm 101:3 – "I will refuse to look at anything vile and vulgar."

Best for:

Those who cannot fast from food due to health reasons, those struggling with digital addiction, those who need mental clarity.

What to eliminate:

- Social media (Instagram, TikTok, Facebook, X/Twitter)
- Streaming services (Netflix, Hulu, YouTube)
- Video games
- Non-essential phone use (set boundaries—use only for work, family, emergencies)

What to replace it with:

- Daily devotional reading
- Prayer walks
- Worship music
- Scripture memorization
- Journaling

HOW TO PREPARE FOR THE FAST

3 Days Before (January 17–19):

1. Pray and ask God what type of fast He's calling you to
2. Reduce caffeine, sugar, and processed foods gradually to avoid withdrawal headaches
3. Set clear goals: What are you fasting for? Write it down.
4. Tell someone: Accountability matters (spouse, small group leader, trusted friend)
5. Stock your home with approved foods if doing a Daniel Fast

Night Before (January 19):

1. Eat a light, healthy dinner
2. Pray and commit the next 21 days to God
3. Set your alarm earlier to start each day with prayer
4. Prepare your devotional space (Bible, journal, this guide)

DAILY FASTING RHYTHM (SAMPLE SCHEDULE)

Morning (6:00 AM – 8:00 AM):

- Wake up and pray before checking your phone
- Read the daily devotional from this guide
- Spend 15–30 minutes in worship and Scripture
- Drink water or herbal tea (if Daniel Fasting, eat light breakfast of fruit and oats)

Midday (12:00 PM – 1:00 PM):

- If doing a partial fast, use lunch hour for prayer instead of eating
- Take a prayer walk
- Pray over the daily "Wilderness Warning" from the devotional

Evening (6:00 PM – 8:00 PM):

- Eat a light, healthy dinner (if fasting from food)
- Reflect on "Today's Obedience" from the devotional
- Journal what God is showing you
- Pray the daily prayer provided in the guide

Before Bed (9:00 PM – 10:00 PM):

- Review the day
- Thank God for His faithfulness
- Pray for strength for tomorrow

WHAT TO DO WHEN IT GETS HARD

When you're physically hungry:

- Drink water
- Pray: "God, You are my portion. You satisfy me more than food."
- Meditate on Matthew 4:4 — "People do not live by bread alone, but by every word that comes from the mouth of God."

When you're tempted to quit:

- Remember why you started
- Call your accountability partner
- Read the "Wilderness Warning" from that day's devotional
- Declare: "I will not waste this wilderness. I will finish what I started."

When you feel spiritually dry:

- That's normal—don't panic
- Keep showing up (faithfulness matters more than feelings)
- Worship even when you don't feel it
- Trust that God is working even when you can't sense it

When you slip up:

- Don't quit the entire fast because of one mistake
- Confess it, receive grace, and continue
- God honors obedience, not perfection

HEALTH & SAFETY GUIDELINES

DO NOT FAST FROM FOOD IF:

- **You are pregnant or nursing**
- **You have diabetes, hypoglycemia, or other blood sugar issues**
- **You have an eating disorder history**
- **You have a chronic illness requiring regular medication with food**
- **You are under 18 (consult parents and consider a media fast instead)**

If you're unsure, consult your doctor.

Alternative: Do a digital/media fast and follow the devotional guide with the same intensity.

BREAKING THE FAST (DAY 21 — FEBRUARY 9)

How to break a Daniel Fast:

- Start with fresh fruit or a small salad
- Slowly reintroduce other foods over 2–3 days
- Avoid heavy, greasy, or processed foods immediately

How to break a water fast:

- Start with fresh juice or broth
- Wait 2–4 hours, then eat soft fruits (watermelon, grapes)
- Gradually add solid foods over 24–48 hours
- Do NOT binge eat—your stomach has shrunk

Corporate Breaking of the Fast:

- If possible, gather as a church family on Day 21 (February 9)
- Share testimonies of what God did during the 21 days
- Take Communion together
- Celebrate with a light meal