CITY CHURCH

JANUARY 2027

Fasting Guidelines

A Simple Biblical Outline for Fasting

1 What Is a Fast?

Fasting is intentionally abstaining from food to seek God with greater focus.

- ***Matthew 6:16–18*** Jesus said **"when you fast,"** not *if*.
- ***Ezra 8:21*** We fast to humble ourselves before God.

In Scripture, fasting always involves food.

2 Why Do We Fast?

Fasting aligns our hearts with God's will.

- ***Daniel 10:2–3*** Daniel restricted his diet to seek understanding.
- ***Psalm 35:13*** "I humbled my soul with fasting."
- ***James 4:8*** Draw near to God, and He will draw near to you.

3 What Kind of Fast Are We Doing?

A food-based fast with prayerful, personal choices.

- We encourage a **Daniel-style fast** (restricting certain foods), without rigid rules.
- Examples include: eliminating meats, sweets, or rich foods; eating simple meals; skipping one meal a day; coffee

> *The power is not in the menu, it's in the obedience and time with the Lord.*

4 Adding to the Fast (Not Replacing It)

We encourage adding non-food fasts alongside food fasting.

- Social media
- Entertainment
- Other distractions

> *These help remove noise, but they never replace fasting from food.*

5 The Posture of the Heart Matters Most

God responds to hearts that are set on Him.

- ***Daniel 10:12*** "From the first day that you set your heart… your words were heard."
- ***Isaiah 58:6*** God honors fasting that flows from humility and obedience.

6 Practical Encouragement for First-Time Fasters

- Start where you are, don't compare yourself to others
- Drink water
- Use hunger as a reminder to spend time in prayer and with the Bible.
- If you stumble, don't quit, re-engage

WHAT WE'RE BELIEVING FOR

As a church (personally and corporately), we're believing for:

- Greater intimacy with God
- Breakthrough and renewal
- Spiritual clarity and direction
- A deeper hunger for God's presence

When we set our hearts to seek the Lord, He responds.