



CDM POCKET GUIDE TO FASTING

7 DAY FAST / CONSECRATION

A Time of Restoration

Joel 2:25-27

Reverence (honoring and respecting) the Lord during this consecration, and you will see Him do miracles in your midst. Be specific in your prayers and you will see God move mightily in your request (*Isaiah: 58:6-12*). Additional scriptures to edify yourself with during this fast (*II Chronicles 7:14, Matthew 4:2-4, Mark 2:18-20, 9:29, Luke 2:37, John 4:34*).

“FAST” CHOICES: (Drink plenty of water, whichever fast you choose.)

- Type I.** Daniel Fast (Daniel 10:3) You may eat vegetables throughout the day, but no breads, meats, sweets, junk food, sodas, coffee, etc. No overeating or continuous eating.
- Type II.** Liquid Fast (Matthew 4:2) No eating for 21 days (you may drink 100% fruit/vegetable juices, protein drinks and / or herbal teas (i.e. green tea, black tea, white tea)

**Remember, this is not only a time of fasting from certain foods but a time of consecration and fellowship unto the Lord. Eliminate secular TV programs (including the news broadcasts), movies, plays, newspapers, magazines, etc. and replace with Christian movies, magazines, books, TV and radio. Example Radio - 630 AM, 690 AM, 1010 AM, 1320 AM, 95.1 FM Christian TV channels (only Christian programs on those channels).*

Be led by the Spirit of God (Romans 8:14) in what you say and do. Keep your heart pure, holy, and filled with love. The Bible tells us that when we fast we are to do it in secret (Matthew 6:16-18). You may let those family members in your household know because the Bible says not to hide yourself from your own flesh during that time (Isaiah 58:7). Friends, co-workers, and extended family members should not be told you are fasting. If you are married and want to abstain from sexual intimacy with your spouse you may do so only with your spouse's consent (I Corinthians 7:35). Of course, you can fast and have sexual relations with your spouse (Hebrews 13:4). The correct way to fast and the benefits of fasting are found in Isaiah 58:6-11.

NOTE:

1. TWO times a day reading and/or studying the Word of God (*I Timothy 4:13, II Timothy 2:15*)
2. THREE times of prayer (corporate or individual) each day (*Daniel 6:10; Acts 3:1*).