

## Fasting Resources

Fasting has long been a treasured part of the people of God. The basic premise is we fast to eliminate distraction and focus on our relationship with God. There are several ways to go about doing this and we encourage you to engage in one or more of them during these 20 Days to enrich this experience of prayer for you.

These include:

- Fasting from activities like TV, Social Media, and/or other recreation or unnecessary activity and instead read Scripture more, gather with others to pray together, or pray on your own more.
- Fasting from certain foods (like Daniel did at times in Babylon).
- Fast from a meal (or two) each day (liquids like juices, broths, and tea are OK). Sometimes this is done from sunrise to sunset.
- Complete fast from food for a day each week, or multiple days (or even weeks) in a row. If you've never done this you should take this kind of fast slowly and build up to longer fasts. Most advise drinking juices, broths, and decaffeinated teas during a fast like this. See the links on our website for guidance on this kind of fast.

Fasting Advice Links:

- <https://www.cru.org/us/en/train-and-grow/spiritual-growth/fasting/7-steps-to-fasting.html>
- <https://www.cru.org/us/en/train-and-grow/spiritual-growth/fasting/personal-guide-to-fasting.html>