



THE IGNITE

31 DAYS OF  
FASTING

GUIDE

GERMANTOWN ADVENTIST CHURCH

# THE IGNITE 31-DAY REVIVAL: FASTING GUIDE

Fasting is an assertive spiritual discipline that helps believers deepen their connection with God, increase sensitivity to the Holy Spirit, and experience breakthroughs in prayer. As we embark on 31 Days of Prayer and Fasting during the Ignite Revival, this guide will help you understand how to fast effectively while maintaining the discretion and privacy the Bible encourages.

## **In this Guide, we will go over the following:**

- Fasting and Corporate Prayer
- What the Bible Says About Fasting
- Ways to Fast
- Fasting FAQ

## **FASTING AND CORPORATE PRAYER**

Corporate prayer and fasting allow the body of Christ to seek God's guidance, unity, and revival as a community. When we fast together, we strengthen the spiritual atmosphere and support one another in faith. However, even as we fast corporately, Jesus reminds us of the importance of keeping our fasting private:

"But when you fast, comb your hair and wash your face. Then no one will notice that you are fasting, except your Father, who knows what you do in private. And your Father, who sees everything, will reward you" (Matthew 6:17-18, NLT).

Fasting is not about outward appearances or drawing attention to our sacrifice; it is about humbling ourselves before God and focusing on Him. Therefore, as we join in corporate fasting, it is vital to fast with discretion and a heart set on seeking God's will.

# WHAT THE BIBLE SAYS ABOUT FASTING

Fasting is mentioned throughout the Bible as a way to seek God's presence, clarity, and deliverance. Here are a few key scriptures:

**Isaiah 58:6 (NIV):** "Is not this the kind of fasting I have chosen: to loose the chains of injustice and untie the cords of the yoke, to set the oppressed free and break every yoke?"

**Joel 2:12 (NIV):** "Even now," declares the Lord, "return to me with all your heart, with fasting and weeping and mourning."

**Matthew 6:16-18 (NIV):** "When you fast, do not look somber as the hypocrites do... But when you fast, put oil on your head and wash your face... so that it will not be obvious to others that you are fasting."

**Acts 13:2-3 (NIV):** "While they were worshiping the Lord and fasting, the Holy Spirit said, 'Set apart for me Barnabas and Saul for the work to which I have called them.'"

Fasting is always paired with prayer, humility, and a desire for deeper intimacy with God. It is not a means to manipulate God but a way to clear distractions and hear His voice more clearly.

# WAYS TO FAST

Fasting can take many forms, and each person may choose a method that best fits their spiritual needs and physical capacity. Below are a few different types of fasts to consider:

- Complete Fast
- Partial Fast
- Daniel Fast
- Fasting from Things or Behaviors

## **Complete or Full (Water-Only Fast):**

A water-only fast is when you abstain from all food and drink only water for a set period. This type of fast can be as short as a day or extend for longer periods, depending on your physical health and spiritual goals. Ensure you consult a healthcare professional before attempting an extended water fast.

## **Partial Fast:**

A partial fast involves abstaining from specific meals (e.g., skipping breakfast and lunch) or certain types of food (e.g., sweets, caffeine, or meat). The focus here is dedicating the time you would spend eating to prayer and meditation on God's Word.

## **The Daniel Fast:**

The Daniel Fast is based on the fasting practice of the prophet Daniel, who abstained from certain foods as an act of worship and consecration to God.

"I ate no choice food; no meat or wine touched my lips; and I used no lotions until the three weeks were over" (Daniel 10:3, NIV).

This fast typically involves eating only fruits, vegetables, whole grains, and water while avoiding processed foods, sweets, caffeine, and animal products. The Daniel Fast can be adapted to various timeframes based on personal conviction.

### **DANIEL FAST "CAN HAVES"**

#### **All fruits**

#### **All vegetables**

#### **Mushrooms**

#### **All whole grains**

- Amaranth
- Barley
- Brown rice
- Oats
- Quinoa
- Millet

#### **Whole wheat**

#### **All nuts and seeds raw**

#### **All legumes**

- Black beans
- Cannellini beans
- Garbanzo beans
- Kidney beans
- Lentils
- Split peas
- Great northern beans
- Black-eyed peas

#### **Quality oils**

- Avocado
- Coconut grapeseed
- Olive
- Sesame

#### **Beverages**

- Water
- Unsweetened coconut/almond mild

#### **Other**

- Herbs
- Spices
- Unsweetened coconut flakes
- Seasonings
- Bragg's aminos

## DANIEL FAST "CANNOT HAVES"

### **All meat and animal products**

- bacon
- beef
- Buffalo
- eggs
- fish
- lamb
- Poultry
- pork

### **all dairy products**

- butter
- cheese
- cream
- Milk
- yogurt

### **All sweeteners**

- agave
- artificial sweeteners
- Brown syrup
- cane sugar
- honey molasses
- raw sugar
- syrups
- Stevia
- sugar

### **All leavened bread and yeast**

- baked goods
- Ezekiel bread if has yeast

### **All refined processed foods**

- meals in a box
- junk food
- crackers
- cereal
- white flour
- white rice
- chemicals preservatives
- flavorings
- all deep fried foods
- all solid fats
- beverages
- alcohol
- coffee
- energy drinks
- herbal tea
- tea

## **DANIEL FAST RECIPES (ALL OPTIONAL)**

### **BANANA OAT MUFFINS**

**COOK TIME: 15 MINUTES | SERVINGS: 12**

#### **Ingredients:**

- 2 cups oats ground to
- flour
- Two ripe bananas
- Eight soaked dates
- 1/2 cup oats
- 1 tbsp olive oil
- 3/4 cup water
- 1 tsp vanilla
- pinch of salt
- 1/2 tsp baking soda

#### **Directions:**

1. In a high-speed blender, blend oats until they are turned into flour.
2. Add two ripe bananas, eight soaked dates, 1 tbsp olive oil, 12 tbs water, tsp vanilla. Blend until smooth.
3. Transfer dough into a bowl.
4. Add 1/2 cup oats, pinch of salt, and 1/2 tsp of baking soda and mix well.
5. Divide mixture into 12 cupcake molds with liners.
6. Bake at 350 for 15-20 minutes.

**BLACK BEAN BREAKFAST HASH**  
**PREP TIME: 15 MINUTES | SERVINGS: 1**

**Ingredients:**

- One shredded carrot
- One shredded sweet potato
- 1/4 onion
- 1/2 can black beans
- fresh salsa
- 1/2 avocado
- garlic to taste
- salt
- pepper
- 1 tbsp coconut oil

**Directions:**

1. Shred carrots and sweet potato
2. In a large sauté pan, heat coconut oil until melted
3. Sauté carrot and sweet potato until soft.
4. Add onions, black beans (and any other veggies you may want) and cook until soft.
5. Add salt, pepper, and garlic to taste.
6. Top with fresh salsa and avocado



## CHIA SEED PUDDING

**PREP TIME: 5 MINUTES | SERVINGS: 2**

### **Ingredients:**

- 2 cups unsweetened
- coconut milk
- 4 tablespoons chia
- seeds
- 1 teaspoon vanilla

### **Bonus toppings:**

- 1 tbsp almond butter
- 2 tbsp blackberries
- 1 tbsp walnuts
- 1/4 banana sliced
- 1 tbsp coconut chips

### **Directions:**

1. Mix the coconut milk, chia seeds, and vanilla in a container with a lid. Make sure all chia seeds are covered in the coconut milk.
2. Let sit in the refrigerator overnight.
3. Stir well just before serving.
4. Divide the mixture into two bowls. You can let the second portion sit in the fridge until the next day if you would like.
5. Top with bonus toppings of your choice from list to the left.
6. With a grateful heart, enjoy!

## **FRESH SALSA**

PREP TIME: 15 MINUTES | SERVINGS: SEVERAL

### **Ingredients:**

- Six tomatoes
- One jalapeño
- One bunch of green onion
- One clove of garlic
- One green pepper
- One bunch of cilantro
- juice of 1 lime
- salt and pepper to taste

### **Directions:**

1. Chop tomatoes, jalapeños, green onion, garlic, green pepper, and cilantro into big chunks.
2. Add to a food processor and blend until texture of your liking.
3. Transfer into a medium bowl and add lime salt and pepper to your taste. Mix well.
4. Ready to use. You can use vegetables or put them on top of other meals.

## **ROASTED BREAKFAST POTATOES**

COOK TIME: 45 MINUTES | SERVINGS: 4-6

### **Ingredients:**

- 2 pounds red potatoes
- cubed
- 3 cups sliced bell
- pepper (any color)
- 1 medium vidalia onion
- sliced and chopped
- 1/2 tsp smoked paprika
- 1/2 tsp cumin
- 1/2 tsp garlic powder
- 1/4 tsp black pepper
- salt to taste
- 2 tbsp olive oil

### **Directions:**

1. Preheat oven 450
2. Prep all potatoes and veggies and add them to a large bowl.
3. Option to sauté onions before adding to bowl.
4. Toss the potatoes and veggies with the spices (and optional oil).
5. Transfer to baking dish.
6. Bake the potatoes and veggies in the oven for 45 minutes (toss halfway through) until potatoes are nicely browned and crisp.

## **ULTIMATE HEALING GUAC**

PREP TIME: 5 MINUTES | SERVINGS: 2

### **Ingredients:**

- 2 avocados
- 2-5 garlic cloves (to taste, start with 2)
- 1/4 of cilantro bunch
- 1/4 of a small red onion
- 1/4 of green pepper
- 1 green onion stalk
- juice of 1/2- 1 lime
- salt
- pepper

### **Directions:**

1. Cut the avocado in half and separate it. Safely remove the seed. Put the avocado in a bowl (a large molcajete is best), add salt and pepper to the top, and mash until slightly chunky.
2. Chop cilantro and red onion to your liking, add to avocado, and mix.
3. Repeat with green pepper and green onion.
4. Mince garlic cloves, put lime juice on top, and mix into your guac.
5. Taste to make sure you have enough salt and pepper.
6. Enjoy!

## **Fasting from Things or Behaviors**

Fasting isn't limited to food. You can choose to fast from things that consume your time or attention, such as:

- Social media
- Television or entertainment
- Shopping
- Negative thoughts or behaviors like gossip, complaining, or anger

During this type of fast, dedicate the time and energy usually spent on these activities to prayer, reflection, and spiritual growth.

# FASTING FAQS

## **Do I have to fast from food to participate?**

No. Fasting from food is one option, but you can also fast from behaviors or habits that distract you from your relationship with God. The key is focusing on prayer and spiritual growth during the fast.

## **How long should I fast?**

There is no set rule for how long you should fast. You can fast for a few hours, a day, or several days. Some may choose a 24-hour fast, while others may fast from sunrise to sunset or skip specific meals. Pray and ask God to guide you in deciding how long to fast.

## **What if I have health concerns that make fasting difficult?**

If fasting from food is a health concern for you, consider a partial fast (e.g., fasting certain foods or meals) or fasting from something non-food-related, like social media or entertainment. Always consult with a healthcare professional if you have concerns.

## **Can I still drink liquids during my fast?**

Most fasts encourage drinking water to stay hydrated. You might consume juices or broths if you're doing a liquid-only fast. However, in a water-only fast, you would only drink water. The choice depends on the type of fast you are doing.

## **How can I stay focused while fasting?**

Set aside specific times for prayer and Bible study to replace the time you typically spend eating or engaging in other activities. Use devotional resources, worship music, or journaling to help maintain a prayerful mindset throughout your fast.

## **What should I expect during the fast?**

Fasting can be physically and spiritually challenging. You may experience hunger, fatigue, or irritability. Spiritually, you may find clarity, peace, or renewed strength. Stay patient and trust the process as you surrender to God's leading.

# YOU CAN DO THIS!

Fasting is a transformative experience that draws you closer to God and deepens your spiritual walk. If you are new to fasting, please remember that this is a spiritual discipline you can grow in over time. We encourage you to start small (ex., a 1-day fast or Daniel Fast) and work your way up.

As you join in this 31-day journey of prayer and fasting, remain intentional about seeking God's presence and listening for His voice. Whether you fast from food or behaviors, remember that the goal is to humble yourself, focus on prayer, and allow God to work in and through you.

May this time of fasting and prayer bring renewal, revival, and breakthrough in your life and the life of our church!