



August Monday

*Fasting*



FASTING PLAN



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As Jacob's Well approaches its 25th anniversary in 2026, we consecrate these August Monday fasts to seek God's direction for the next stage of our church's journey. Through fasting, we pray for wisdom to prepare our community to impact future generations, carrying God's love and truth forward. This plan unites us in this sacred pursuit, grounded in scripture and prayer.

## SOUND THE TRUMPET: JOEL'S CALL TO FASTING

At Jacob's Well, we heed the urgent call of the prophet Joel to "blow the trumpet in Zion" and consecrate a fast, uniting as a community to seek God's presence, mercy, and transformation. The following passages from Joel inspire our August Monday fasts, sounding a trumpet to gather us in repentance and prayer:

**Joel 1:14:** *"Consecrate a fast; call a solemn assembly. Gather the elders and all the inhabitants of the land to the house of the Lord your God, and cry out to the Lord."*

This verse summons the whole community to fast and pray, crying out for God's intervention. For Jacob's Well, it's a call to come together with purpose, seeking God's guidance and renewal.

**Joel 2:12-13:** *"Yet even now," declares the Lord, "return to me with all your heart, with fasting, with weeping, and with mourning; and rend your hearts and not your garments. Return to the Lord your God, for he is gracious and merciful, slow to anger, and abounding in steadfast love; and he relents over disaster."*

Fasting is an act of heartfelt repentance, turning to a merciful God. It reminds our church family to approach this fast with sincerity, trusting in His grace.

**Joel 2:15:** *"Blow the trumpet in Zion; consecrate a fast; call a solemn assembly."*

The trumpet signals urgency and unity, rallying God's people to a sacred moment of fasting and worship. At Jacob's Well, this verse inspires us to set apart these Mondays as holy, gathering to seek God's face as one body.

These passages anchor our fasting in scripture, sounding a trumpet to humble ourselves, repent, and draw near to God's steadfast love as a community.

# FASTING PLAN

## WHY WE FAST

Fasting is a biblical practice that humbles us before God, aligns our hearts with His purposes, and invites His presence into our lives. As Jacob's Well fasts together, we seek the following spiritual outcomes, inspired by scripture and our desire to grow in faith:

- **Vision for Jacob's Well's 25th Anniversary and Beyond:** As we approach our 25th anniversary in 2026, we fast to seek God's direction for the next stage of our church's journey. We pray for wisdom to prepare Jacob's Well to impact future generations, raising up leaders, families, and ministries that carry God's love and truth forward (e.g., Psalm 78:4–7, Proverbs 29:18).
- **Repentance:** Fasting is an act of humility, allowing us to confess sins, turn from wrongdoing, and seek God's forgiveness and restoration, both personally and as a community (e.g., Joel 2:12–13, Jonah 3:5–10).
- **Salvation for Those Without a Relationship with Jesus:** We fast to intercede for those who do not yet know Jesus as their Savior, praying that their hearts may be opened to His love and grace, leading them to salvation (e.g., 1 Timothy 2:4, John 3:16–17).
- **Return of Those Who Have Wandered from the Faith:** We lift up those who have drifted from their faith, fasting for their restoration and renewed relationship with Christ, trusting in God's relentless pursuit of His people (e.g., Luke 15:4–7, Ezekiel 34:16).
- **Spiritual Breakthrough:** Fasting opens our hearts to hear God's voice and experience His power in areas where we feel stuck or distant. It's a time to seek clarity, guidance, or renewal in our walk with Christ (e.g., Daniel 9:3, Acts 13:2–3).
- **Freedom from Addiction or Compulsion:** By denying ourselves, we invite God's strength to break chains of addiction, unhealthy habits, or compulsive behaviors, trusting Him to transform our desires (e.g., Romans 6:16–18, Isaiah 58:6).
- **For the Pleasure of God:** Fasting expresses our love and devotion to God, prioritizing Him above our comforts. It's an offering that delights Him as we seek His will above our own (e.g., Psalm 69:10, Matthew 6:16–18).
- **Intercession and Unity:** We fast to pray for others—our church, nation, or those in need—uniting as a body to seek God's mercy and justice (e.g., Esther 4:16, Nehemiah 1:4).
- **Discipline and Dependence:** Fasting trains us to rely on God's strength, not our own, cultivating spiritual discipline and gratitude for His provision (e.g., Philippians 4:12–13).



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- **For Those in Need:** We fast to intercede for the sick, dying, those in financial need, and those facing injustice, praying for God's healing, comfort, provision, and justice to prevail in their lives (e.g., James 5:14–15, Psalm 82:3–4).
- **Protection from Our Enemies:** We fast to seek God's protection from spiritual and physical adversaries, praying for His hedge of safety around our church, families, and community, trusting in His deliverance (e.g., Psalm 91:1–4, 2 Chronicles 20:3–4).
- **Revival in Our Nation:** We fast for a spiritual awakening in our nation, praying for our leaders to seek God's wisdom and for our people to turn to Him, that His truth and love may transform hearts and communities (e.g., 2 Chronicles 7:14, 1 Timothy 2:1–2).

As Jacob's Well fasts, let's approach it with prayerful intentionality, asking God to work in our hearts and community for His glory, especially as we seek His vision for our future.

## A PRAYER FOR OUR SEASON OF FASTING

*Heavenly Father,*

*As Jacob's Well approaches our 25th anniversary, we come before You with fasting and prayer, seeking Your guidance for the next stage of our journey. Grant us wisdom to impact future generations with Your love and truth. We humble ourselves in repentance, confessing our sins and seeking Your mercy and restoration. Open the hearts of those who do not yet know Jesus, drawing them to Your saving grace. Call back those who have wandered, restoring them to a vibrant faith in You. Break through spiritual barriers in our lives, free us from addictions and compulsions, and let our fasting be a pleasing offering to You. Unite us in intercession for our church, those who are sick, dying, in financial need, or facing injustice, asking for Your healing, comfort, provision, and justice. Strengthen our dependence on Your provision. Protect us from our enemies, both seen and unseen, and surround us with Your safety. Ignite a revival in our nation, guiding our leaders with Your wisdom and turning hearts to Your truth. May our fasting honor You and align us with Your will. In Jesus' name, Amen.*

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## CRITICAL HEALTH AND SAFETY GUIDELINES

- **Consult Your Doctor:** Before fasting, schedule a visit or call with your healthcare provider, especially if you have conditions like diabetes, heart disease, kidney issues, low blood pressure, or are on medications. Discuss your chosen fasting level, coffee consumption, and electrolyte use, as they may affect hydration or health. Follow their guidance.
- **Who Should Not Fast:** Fasting is not safe for pregnant or breastfeeding women, children under 12, those with eating disorders, or individuals recovering from surgery or illness. If in doubt, prioritize your health and consult a doctor.
- **Diet Before and After:** Avoid ultra-processed foods (e.g., chips, fast food, packaged snacks) and high-sugar foods (e.g., candy, sodas, desserts) on Sunday before the fast and on the day after breaking the fast (Monday or Tuesday, depending on your level). These foods can cause digestive discomfort or blood sugar spikes, impacting fasting and recovery. Opt for whole foods like vegetables, fruits, lean proteins, and whole grains.
- **Electrolyte Use:** Add electrolytes to water as needed (e.g., a pinch of sea salt, potassium, or sugar-free electrolyte packets) to prevent imbalances, especially during longer fasts, coffee use, or if you feel fatigued or lightheaded. Consult your doctor on appropriate types and amounts, particularly if you have kidney or heart conditions.
- **Coffee Considerations:** Plain black coffee is allowed but may cause dehydration, stomach irritation, or increased heart rate. Limit to 1-2 cups per day, drink water (with electrolytes if needed) alongside it, and stop if you feel jittery or unwell. Consult your doctor if you have heart conditions or caffeine sensitivity.
- **Preparation:** Hydrate well on Sunday with water and electrolyte-rich fluids (e.g., coconut water or water with electrolyte packets). Avoid ultra-processed and high-sugar foods at dinner to prevent discomfort. If using coffee or electrolytes, test tolerance beforehand.
- **During the Fast:** Monitor for symptoms like dizziness, severe fatigue, or irregular heartbeat. If these occur, break the fast immediately with a small, light meal (e.g., fruit or broth) and seek medical advice if symptoms persist. Consider electrolyte water to alleviate mild symptoms.
- **Breaking the Fast:** Reintroduce food slowly with small, easily digestible items (e.g., broth, fruit, or yogurt). Avoid ultra-processed or high-sugar foods on the day of breaking the fast to support digestion and recovery.
- **Spiritual Focus:** Use fasting for prayer, reflection, and scripture reading, but never at the expense of your health. A shared Jacob's Well devotional or prayer guide can enhance the experience.

# FASTING LEVELS (FOOD)

## LEVEL 1: BEGINNER

(PARTIAL FAST, 17 HOURS)

**Who It's For:** New to fasting, youth (with parental and doctor approval), or those with health concerns.

**Duration:** 7:00 PM Sunday to 12:00 PM Monday (17 hours)

**Health Considerations:**

- Suitable for most healthy individuals, but consult a doctor if you have medical conditions, are on medications, or are elderly. Confirm coffee and electrolytes are safe for you. The 17-hour duration is longer than a typical beginner fast, so ensure you're well-prepared and hydrated.
- Avoid ultra-processed and high-sugar foods on Sunday and Monday to support digestion.
- Not suitable for those with unstable blood sugar or chronic illnesses without medical clearance.

**Details:**

- Abstain from solid foods but allow water (with electrolytes as needed), plain black coffee, herbal tea, and clear broth.
- Optionally, avoid snacks and sweets the rest of Monday, focusing on simple meals (e.g., vegetables, lean protein).

**Spiritual Practice:** Spend 15–30 minutes in prayer or reading a short scripture (e.g., Psalm 23). Reflect on repentance, God's vision for Jacob's Well's future, or intercession for those in need.

**Break the Fast:** A light meal like soup, salad, or fruit at 12:00 PM Monday. Avoid ultra-processed or high-sugar foods.

## LEVEL 2: INTERMEDIATE

(WATER FAST, 24 HOURS)

**Who It's For:** Some fasting experience, in good health, and cleared by a doctor.

**Duration:** 7:00 PM Sunday to 7:00 PM Monday (24 hours)

**Health Considerations:**

- Requires medical approval if you have conditions like diabetes, hypertension, or are on medications that require food. Confirm coffee and electrolytes won't exacerbate your condition.
- Avoid ultra-processed and high-sugar foods on Sunday and Monday. Use electrolyte water if you feel fatigued. Stop if you feel unwell.

**Details:**

- Consume only water (with electrolytes as needed), plain black coffee, and optionally, unsweetened herbal tea.

- Avoid all food and other beverages.

**Spiritual Practice:** Dedicate 30–60 minutes to prayer, journaling, or reading a longer passage (e.g., Matthew 6:16–18). Pray for the salvation of those without Jesus, those in need, or revival in our nation.

**Break the Fast:** Start with a small portion of broth or fruit at 7:00 PM Monday, followed by a light meal (e.g., rice and steamed vegetables) an hour later. Avoid ultra-processed or high-sugar foods.

## LEVEL 3: ADVANCED

### (WATER FAST, 36 HOURS)

**Who It's For:** Experienced fasters in excellent health, with doctor approval.

**Duration:** 7:00 PM Sunday to 7:00 AM Tuesday (36 hours)

#### Health Considerations:

- Not suitable for those with chronic conditions, low body weight, or recent illness unless explicitly approved by a doctor. Ensure coffee and electrolytes are safe for prolonged fasting.
- Avoid ultra-processed and high-sugar foods on Sunday and Tuesday. Use electrolyte water to support longer fasting. Stop immediately if you experience severe symptoms.

#### Details:

- Consume only water (with electrolytes as needed), plain black coffee, and optionally, unsweetened herbal tea.
- No food or other beverages.

**Spiritual Practice:** Engage in extended prayer or meditation (1–2 hours total), perhaps during a quiet Monday morning walk or church prayer service. Reflect on intercession for Jacob's Well's future, those in need, or national revival.

**Break the Fast:** Begin with a small serving of broth or a banana at 7:00 AM Tuesday, followed by a light meal a few hours later (e.g., soup and whole-grain bread). Avoid ultra-processed or high-sugar foods.

## LEVEL 4: INTENSIVE

### (WATER FAST, 48 HOURS)

**Who It's For:** Very experienced fasters in optimal health, with explicit doctor approval.

**Duration:** 7:00 PM Sunday to 7:00 PM Tuesday (48 hours).

#### Health Considerations:

- Risk without medical clearance. Consult your doctor well in advance to discuss risks, including the impact of coffee and electrolytes on hydration or heart rate during extended fasting.
- Avoid ultra-processed and high-sugar foods on Sunday and Tuesday. Use electrolyte water to maintain balance. Stop immediately if you experience severe symptoms.



## LEVEL 4: INTENSIVE (CONTINUED)

### Details:

- Consume only water (with electrolytes as needed), plain black coffee, and optionally, unsweetened herbal tea.
- No food or other beverages.

**Spiritual Practice:** Plan a day of deep reflection, including multiple prayer sessions, scripture study (e.g., Isaiah 58), and journaling. Intercede for those in need, those without faith, or our nation's leaders. Consider a guided retreat-like focus with church leadership.

**Break the Fast:** At 7:00 PM Tuesday, start with broth or a small piece of fruit. Wait 1–2 hours before a light meal (e.g., oatmeal or a vegetable smoothie). Avoid ultra-processed or high-sugar foods.

## NON-FOOD FASTING OPTIONS

To deepen spiritual focus, consider fasting from non-food habits or distractions alongside or instead of food fasting (especially for those unable to fast from food due to health reasons). Choose one or two options prayerfully, aligning with your food fast duration or a shorter period (e.g., all of Monday). Discuss with a doctor if these impact mental health or responsibilities.

- **Cell Phone (Non-Essential Use):** Avoid browsing apps, leisure texting, or gaming, allowing essential calls or work. Reduces screen time and opens space for prayer (e.g., Psalm 46). Turn off notifications or use grayscale mode. Ideal for those tethered to phones.
- **Social Media:** Skip platforms like X, Instagram, or TikTok. Frees mental space for journaling or prayer (e.g., on gratitude). Log out or use website blockers. Great for those distracted online.
- **News (Online, TV, Radio):** Avoid news consumption, allowing brief emergency checks. Reduces stress and fosters trust in God (e.g., Philippians 4:6–7). Unsubscribe from alerts. Suited for those overwhelmed by current events.
- **Television and Streaming:** Refrain from TV, Netflix, or YouTube. Encourages family devotionals or reading (e.g., Colossians 3:2). Unplug devices or plan alternative activities. Perfect for heavy streamers.

Let's approach this fast with humility, unity, and a commitment to health, seeking God's vision, repentance, salvation, provision for those in need, protection, and revival for Jacob's Well and beyond.

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