

FAST

FAST

# 2025

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# ABOUT THIS GUIDE

what you need to know



Dear Friend, we're so glad you're participating in this time of prayer, fasting and personal devotion. After the challenges of this year, we have the opportunity to reset our spiritual compass, and allow God to refresh every area of our lives.

This fast is designed to be flexible, so you can participate at any level. Whether you have some experience in fasting for several days or weeks, or if this is your first time, you can start where you are and experience what God has in store for you in a powerful way.

This guide provides practical tools to help you navigate your personal journey, **including a brief devotional study for each day of your fast** to help you grow in God's Word. As you read over the information, please consider how it applies to you and your circumstances and convictions.

We pray that you will experience the presence and power of God in an extraordinary way as you commit yourself to Him over this time. May the Lord continue to bless you and enlarge you as you seek Him first!

**Matthew 9:15b (NKJV)**

**But the days will come when the bridegroom will be taken away from them, and then they will fast.**

# FASTING

what you need to know



As you prepare to fast, it's important to choose a fasting plan that works for you. Keep in mind that there's nothing more inherently spiritual about one type of fast. These are simply guidelines and suggestions on different things you can do.

Do not let what you eat or don't eat become the focus of your fast. Keep the main thing the main thing, which is drawing closer to God. Remember, this is a time to disconnect enough from your regular patterns and habits in order to connect more closely to God.

## Important Note:

**Fasting requires reasonable precautions.**  
If you have any health concerns, please consult your physician prior to beginning your fast, especially if you are taking any medication, have a chronic condition, or are pregnant or nursing a baby.

# KNOW YOURSELF

do what works for you.



We are all at different places in our walk with God. Likewise our jobs, daily schedules, and health conditions are all different and place various levels of demands on our energy.

Whether you've fasted before or this is your first time, start where you are. Your personal fast should present a level of challenge to it. It's very important to know your own body, know your options and, most importantly, seek God in prayer and follow what the Holy Spirit leads you to do.

Remember, the goal of fasting is not just to go without food.

**The goal is to draw closer to God.**

# CHOOSE YOUR TYPE OF FAST

do what works for you.



While preparing for your fast, it's important to choose ahead of time what type of fast, or what combination, you will pursue. Not only will this help you make the necessary preparations to implement your plan, but as you commit to a specific fast ahead of time and know how you're going to do it, you will position yourself to finish strong.

On the following pages we've listed some options and variations of fasts you can choose from. Please consider how each option may or may not apply to your personal circumstances and convictions. The Bible describes various kinds and lengths of fasts. You can fast one type of food or all food, or some combination of foods. In this type of fast you omit a specific item (or items) from your meal plans. For example, you may choose to eliminate all red meat, processed or fast food, or sweets. Most people can incorporate this type of fast relatively easily. It can also prove to be a great solution for people with specific dietary needs or medical conditions that may cause certain limitations.

Food fasts can also focus on consuming a specific type of food or beverage.

# CHOOSE YOUR TYPE OF FAST (CONTINUED)

do what works for you.



Examples are juice or water fasts. They focus on simply consuming vegetable and fruit juices or water instead of solid food. Many people include whey protein in their liquid plan as well. This is one of the most popular and effective fasts. Even if you choose not to make your entire fast liquids-only, substituting one or two meals for liquids is a great alternative.

In addition to the food fast, many people choose non-food fasts to intensify their focus on God. Non-food fasts can also be good for those who are on very strict diets due to medical conditions and are unable to fast any kind of food or liquid. Non-food fasts can include refraining from luxury or pleasure items—things that take our time from or distract us from time with God. An example of a non-food fast is a media /entertainment fast, including television, social media, and the like.

The decision as to what kind of fast you choose is yours. You may choose to fast one day a week, one meal a day or in whatever way you feel led. This is your personal decision and should be prayerfully considered as it applies to your circumstances. Simply ask the Lord for guidance, and if health issues are a concern (for instance, you are pregnant or a nursing mother), consult your doctor.

# BEGIN & BREAK THE FAST WELL

preparing your body



Depending on the type of fast you choose, it's very important to prepare your body ahead of time before beginning the fast. Take a week or so to transition into your fast, otherwise you could get sick. For example, if you would like to go on a fruits and vegetables or juice fast, start eliminating meat, white grains and refined sugars from your diet the week before. Also start to cut back quite a bit on dairy products and some of your caffeine intake.

The same principle applies to breaking your fast. When your fast is over, add foods back in very gradually. Please don't break your fast with a greasy cheeseburger! Because your body is so cleansed and detoxified, you will most likely get sick if you do that.

There are also several supplements you can take that will help support the detox process during your fast. Your health-food store can give you recommendations.



FOLLOWING JESUS: HIS CALL TO DISCIPLESHIP

# You Turn

**JAN 6 | DAY 1**

Mark 1:15 (NIV)

Repent and believe  
the good news.

Jesus' declaration in this verse is simple and clear, but also very challenging. Discipleship begins by turning from our sins—the basic idea of the Greek for “repent”—and believing in the gospel.

It's hard to acknowledge that we're sinners. I desperately want to think I'm a “good person” and God sees my goodness. Instead, Jesus tells me the truth that I need to repent of my sins and trust Him to be saved from sin.

The good news is that this is the foundation for true freedom! When you turn in this way to the Lord, you're set free from the tyranny of self to love and follow the Savior. You know that you're loved, forgiven and made right with God.

Today is a good day to make a “you turn”—and see how the Lord will work in your life!





FOLLOWING JESUS: HIS CALL TO DISCIPLESHIP

# Going Public

**JAN 7 | DAY 2**

Matthew 10:32 (GNT)

Those who declare publicly that they belong to me, I will do the same for them before my Father in heaven.

Following Jesus is personal, but it's not private. He calls us to go public with our faith in Him, to let others know that we are His disciples.

In a world that rejects Jesus, there can be a tendency for Christians to be “secret-service” believers. After all, people might reject *us* if we identify with *Him*.

True. But that actually puts us in good company, since it's an honor to be associated with the One who fully accepted us into His family. He's not ashamed to call us His “brothers and sisters” (Hebrews 2:11) and we should not be ashamed to acknowledge and stand for Him.

Look for opportunities to let others know you belong to Jesus—even if it seems like an unpopular and bold step to take. You never know. Your testimony just might be what encourages them to follow Him as well.



FOLLOWING JESUS: HIS CALL TO DISCIPLESHIP

# Dying to Live

**JAN 8 | DAY 3**

Luke 9:23-24 (NIV)

Then he said to them all: “Whoever wants to be my disciple must deny themselves and take up their cross daily and follow me. For whoever wants to save their life will lose it, but whoever loses their life for me will save it.”

Priorities are a vital part of life. They determine what we choose to focus on and invest in.

Our natural inclination is to prioritize ourselves and “what’s in it for me?” But a disciple of Jesus has a different life-focus than those who are not following the Lord. The discipleship question is “What’s in it for Jesus?” He is our priority.

Jesus describes this as denying ourselves and taking up our cross. Every day we have the opportunity to choose what will honor Him and advance His Kingdom rather than our own agenda. To glorify Him rather than drawing attention to us, dying to self so that He can live through us (see Galatians 2:20).

His promise is that “whoever loses their life for me will save it.” What seems like a loss from a human standpoint is actually an eternal win. When we put Him first, He’ll put everything else in place.



FOLLOWING JESUS: HIS CALL TO DISCIPLESHIP

# All You Need Is Love

**JAN 9 | DAY 4**

Mark 12:30-31 (NIV)

“Love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength.” The second is this: “Love your neighbor as yourself.” There is no commandment greater than these.

Ever had a really tough question on an exam? The religious leaders thought they had Jesus backed in a corner as they grilled Him with their best shot: “Of all the commandments, which is the most important?” (Mark 12:28b).

Rabbinic tradition says that there are 613 *mitzvot* (commandments) in the Hebrew Scriptures, so choosing the “most important” was a tall order. Yet, Jesus didn’t hesitate to zero in on the heart of the matter—the command to love.

“Love the Lord your God” (Deuteronomy 6:5) and “love your neighbor as yourself” (Leviticus 19:18) direct us to the objects of love. It starts with love for God, who “first loved us” and “sent his Son as an atoning sacrifice for our sins” (1 John 4:10, 19). It also flows to those around us. Disciples of Jesus are called to both expressions of the greatest commandment. Love God. Love people.

It was a tough question, but Jesus has the best answer. All you need is love.



FOLLOWING JESUS: HIS CALL TO DISCIPLESHIP

# The Road Less Traveled

**JAN 10 | DAY 5**

Matthew 7:13-14 (NLT)

You can enter God's Kingdom only through the narrow gate. The highway to hell is broad, and its gate is wide for the many who choose that way. But the gateway to life is very narrow and the road is difficult, and only a few ever find it.

“Everybody’s going that way!”—or at least it feels like this when the latest fad or trend is dominating social media and hogging the headlines. And we don’t want to be left out and not “with it” if so many people seem to be heading in a certain direction.

Of course, this mindset is dangerous and can actually divert us down a “highway to hell.” Popular but ungodly morality and lifestyles are especially insidious and can subtly creep into our thinking and attitudes as we’re immersed in the culture.

Disciples of Jesus travel a different road. Not the wide, noisy, crowded highway heading toward destruction, but the narrow way where the Good Shepherd guides us in “paths of righteousness for his name’s sake” (Psalm 23:3).

There aren’t many people along this path. It sometimes seems difficult, lonely, maybe even “out-of-touch.” Yet life and hope, grace and peace are found here. There’s an assurance that this is the right way to go as we trust and follow the One who leads us eternally home.





FOLLOWING JESUS: HIS CALL TO DISCIPLESHIP

# Learning to Lean

**JAN 11 | DAY 6**

Matthew 11:28-30 (NIV)

Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light.

Disciples are students. The Greek *mathetes* speaks of “a committed learner, follower, disciple.” Jesus is the Master Teacher and calls out for pupils to “learn from me.”

He’s not a hard taskmaster, the kind of instructor who presses and prods students into study and submission. Quite the opposite. Jesus’ knowledge and authority are couched in gentleness and humility. He invites and encourages. His yoke of learning is “easy”; His assignments are “light.”

In fact, when we come to Him we find rest, not stress. Our burdens are lifted as we sense His love and care for our souls. That’s the kind of Teacher any student would want to lean into, listen closely to, and take in every revelation of precious truth from His mouth.

Will you lean in and learn from Him today?



FOLLOWING JESUS: HIS CALL TO DISCIPLESHIP

# Improving Your Serve

**JAN 12 | DAY 7**

Mark 10:42-45 (NIV)

Jesus called them together and said, “You know that those who are regarded as rulers of the Gentiles lord it over them, and their high officials exercise authority over them. Not so with you. Instead, whoever wants to become great among you must be your servant, and whoever wants to be first must be slave of all. For even the Son of Man did not come to be served, but to serve, and to give his life as a ransom for many.”

Becoming more like Jesus is the ultimate goal of discipleship. Amazingly, God has destined us as believers in Christ to be “conformed to the image of His Son” (Romans 8:29)!

The Apostle Paul expressed his passionate desire for this when he cried out, “All I want is to know Christ and the power that raised him from death. I want to share in his sufferings and be like him even in his death” (Philippians 3:10).

Perhaps nothing epitomizes Jesus’ nature more than His heart to serve. He served us by giving His life on the cross as a ransom. He suffered and died because He wanted us to be forgiven of our sins and have eternal life. And He change the world forever.

Now we have the privilege of following in His footsteps by serving others in His name. We can make an eternal difference as we look to serve rather than being served, as we give to people in need without worrying quite as much about our need, as we live out the gospel in tangible demonstrations of His love.

That’s Jesus’ way of changing our world—one person at a time.