

# PRESSING IN: 5-Day Corporate Fast

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## Choose Your Lane: A Practical Guide

*There is no "one-size-fits-all" fast. God honors the heart, not the method. Choose the lane that represents a genuine sacrifice and step of faith for YOU. The goal is not to pick the "hardest" lane to impress God, but to pick the lane where you can most effectively sacrifice your comfort to hear His voice.*

### LANE 1: Full Fast (Water/Liquids Only)

**Best for:** Those with experience fasting and in good health

#### What It Includes:

- Abstain from all food

#### Important Cautions:

- Consult your doctor FIRST if you have health conditions or take medication
- Stay well-hydrated throughout the day
- If you feel dizzy, lightheaded, or unwell, break your fast immediately
- Limit physical activity during this time

### LANE 2: Daniel Fast

**Best for:** Most people; sustainable and nourishing for 5 days

#### What to eat:

- plant-based whole foods - fruits, vegetables, whole grains (brown rice, quinoa, oats), legumes (beans, lentils), nuts, seeds, and water
- Check out DanielsPlate.com for ideas.

#### What to avoid:

- All meat, dairy, sweeteners, leavened bread, processed foods, caffeine, and alcohol - essentially eating like Daniel did in the Bible

### LANE 3: Modified/Partial Fast

**Best for:** Those new to fasting, or with health limitations

Choose one or more of these options that represents a meaningful sacrifice for you:

#### Option A: Skip One Meal Daily

- Skip breakfast, lunch, OR dinner each day
- Use that meal time for prayer and Scripture reading

#### Option B: Sunrise to Sunset Fast

- Eat only before dawn and after dark
- No food or drink (except water) during daylight hours

#### Option C: Eliminate Specific Items

- Give up one or more of these for the full 5 days: all sweets and desserts, caffeine (coffee, tea, soda, energy drinks), all meat or just red meat, fried foods or fast food, Soft drinks, etc.

#### Option D: One Full Day of Fasting

- Choose ONE of the five days for a complete water-only fast, eat normally the other four days, and make it your primary day of prayer and seeking God.

## LANE 4: Non-Food Fast

**Best for:** Those who cannot fast food for medical reasons

**IMPORTANT:** If you have diabetes, are pregnant/nursing, have a history of eating disorders, are under 18, or have other health concerns, this is your lane. God honors the heart, not the hunger pangs. You can fully participate in this corporate fast without restricting food.

### Choose to Fast From:

#### Social Media & Entertainment:

- No Facebook, Instagram, TikTok, Twitter/X, scrolling, streaming, or mindless consumption
- Delete apps from your phone temporarily
- Use the time for prayer, Scripture reading, worship

#### Television & Gaming:

- Turn off the TV except for essential news
- No video games, streaming shows, or movies
- Replace screen time with prayer time and read Scripture or Christian books instead

#### Unnecessary Spending:

- Only essential purchases (groceries, gas, bills), No shopping for clothes, entertainment, dining out

#### Noise & Distraction:

- No music, podcasts, or audiobooks
- Practice intentional silence and let the quiet create space to hear God's voice

#### Combination Fast:

- Many find it helpful to combine several of these. For example: social media + TV + unnecessary spending.

## How to Prepare (This Week)

### Spiritual Preparation

1. Examine your heart. Confess known sin. Settle offenses. Begin with clean hands.
2. Set your intention. Write down what you are believing God for - personally and for our church.
3. Plan your "feast." Fasting from food means feasting on the Word. Choose a book or passage to read through.
4. Schedule your prayer times. Replace meal times with prayer. Put it on your calendar.

### Physical Preparation (For Food Fasts)

1. Start reducing now. Cut back on caffeine, sugar, and processed foods beginning today.
2. Hydrate. Drink plenty of water every day this week.
3. Eat smaller, lighter meals as you approach the fast.
4. Consult your doctor if you have any health concerns or take prescription medications.

### What to Expect

**Days 1-2:** Hardest physically. Possible headaches, irritability, strong hunger. This is normal. Push through.

**Days 3-5:** Your body adjusts. Spiritual clarity often increases. Press through.

## IMPORTANT HEALTH INFORMATION

### Do NOT Fast Food If You:

- **Are pregnant or nursing, Have diabetes, or have a history of eating disorders**
- **Are under 18 (without parental guidance and permission)**
- **Take medications that require food**
- **Have any serious health conditions** If any of these apply to you, choose Lane 4 (Non-Food Fast). God is not honored by harming your body. You can participate fully in this corporate fast through a non-food fast.

### General Safety Guidelines:

- Listen to your body. If you feel unwell, break your fast.
- Stay hydrated. Drink plenty of water throughout the day.
- If you have any concerns, consult your doctor before starting.
- Fasting is about denying the flesh, not depleting the body.
- Grace is always available if you need to modify your fast.

## Where We Are Headed: Friday Night Gathering

Our 5-day fast culminates in a prayer and worship gathering Friday night. This is not a regular service - it is a holy convocation where we press in together expecting God to move in power.

### What to Expect:

- Extended worship (not a concert, but a prayer meeting with music)
- Corporate prayer (like Acts 4 - lifting our voices together)
- Time for personal ministry and prayer
- Space to linger in God's presence

**Come expectantly!** We are believing that what happened in Acts 4 can happen here. The early church pressed in together in prayer and fasting, and God shook the place, filled them fresh with the Spirit, and they spoke the Word with boldness. That is our prayer for Friday night.

Remember:

**Not a Competition:** This is not about who can fast the longest or hardest. God sees your heart, not your hunger.

**Grace is Available:** If you need to modify your fast or take a break, that is okay. Do not let guilt or legalism rob your joy.

**Focus on the Why:** Fasting is not a hunger strike to manipulate God. It is positioning yourself to receive what He already wants to give.

**We Are in This Together:** You are not alone. We are pressing in as a church family. Support each other, pray for each other.

**Expect God to Move:** We are not going through the motions. We are believing for breakthrough, fresh filling, and bold proclamation.

*"We may organize. We may plan. But until we get on our faces and do business with a covenant-keeping God, we shall not see revival." - Duncan Campbell*