

# Guide to Fasting

HOW TO GET STARTED AND WHAT TO EXPECT



Photo by Hannah Busing on Unsplash

# About Me

WIFE. MOM. CHRISTIAN LIFE COACH.

## All About Ashley

Hey there, my friend! There's not much I enjoy more than teaching women new ways to study the Bible and revive their quiet time with the Lord.

In the busyness of life, it can be difficult to find time to just "be" with the Lord. That's why I strive to create Bible studies and life coaching that speaks straight to your heart without being time-consuming.



## Important Disclosure

This worksheet is for private use only. Feel free to print it off and use as much as you need. If you have a friend who could benefit from this, please direct them to my blog: [ashleyvarner.com](http://ashleyvarner.com) and they can receive their own copy absolutely free!



# Introduction

Go to  
[ashleyvarner.com/fasting](http://ashleyvarner.com/fasting)  
to watch the video!

Fasting is all the craze right now. But the Bible has been teaching on it for centuries.

This is a practical guide to fasting and shares the physical, mental, and spiritual benefits you'll find when you fast.

The most important thing to remember is that this is biblical fasting. It differs from fasting for health or weight loss in one BIG way:

Your heart.

When we come into fasting for spiritual reasons, we'll see spiritual results. If you are looking to lose weight from fasting, then this probably isn't the guide for you.

But if you are looking to deepen your relationship with the Lord and experience Him in a fresh new way, then read on!

*Disclaimer: This guide is for informational purposes only. There are people who shouldn't fast due to medical conditions. Please consult with your doctor before fasting. This is not a substitute for medical*

# What's Your Why?

*Are there any areas of your life that feel hidden from God?*

*Are you making any major decisions at this time?*

*Do you need physical or emotional healing? Anger, unforgiveness, etc.*

*Do you need a breakthrough in some area of your life?*

# Types of Fasts

## *Water Only*

Drinking only water for any period of time. Please proceed with this type of fast carefully and under the supervision from your doctor.

## *Solid Food*

Abstaining from any solid food for a set amount of time. Things you may have include coffee, tea, clear soups, bone broth, smoothies, etc.

## *Entertainment*

Fasting from social media, television, or secular music. This is about fasting for your mind and making room to hear the voice of God.

## *Spending*

Money in your hands is a tool. Money in your heart is poison. Money isn't evil, but if you find that your spending is getting out of control, then fasting from shopping may be beneficial.

# What to Expect

## Days 1-3

- ⬡ Hunger pains because your stomach is expecting food
- ⬡ Lightheadedness due to low blood sugar
- ⬡ Headaches and fatigue as your body works through the initial phase
- ⬡ Energy crash: This will be the worst of it, it gets better after day 3!

## Days 4-7

- ⬡ Hunger pains are gone and energy is back
- ⬡ Strong sense of smell, coated tongue, or bad breath due to detox
- ⬡ Mental clarity
- ⬡ You feel like you could continue for a long time

## Ending your fast

- ⬡ When your mind knows the fast is about to end, hunger pains will begin
- ⬡ Break the fast with something light, soup, juice, or raw watery fruits are best
- ⬡ Expect digestion irregularities once you begin eating again
- ⬡ Look over the past days with thankfulness

# Plan Ahead

If you are the primary cook in your home, plan ahead to avoid unnecessary temptation to eat. Prep slow cooker and freezer meals for your family before your fast.

Slow Cooker Meal 1

Slow Cooker Meal 2

Freezer Meal 1

Freezer Meal 2

Additional Notes

# Prayers During Fasting

REMEMBER YOUR WHY

*Prayer 1:*



*Prayer 2:*



*Prayer 3:*





# Daily Thoughts

## PHYSICAL SYMPTOMS

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## EMOTIONAL NEEDS

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## TO-DO LIST

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## *Prayer*

## *My Fasting Commitment*

## *Notes on the Day*



# You Did It!

Way to go! Write down your thoughts and feelings  
about this fast.

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# Go Deeper with the Thriving Mom Club

## What's Included?



With your membership in the Thriving Mom Club, you'll receive a new exclusive Bible study, complete with audio and video lessons, and workbook.



You'll also receive life coaching video lessons directly from Ashley each month that cover 10 life topics.

## What topics are covered?



Go to [www.ashleyvarner.com/thrive](http://www.ashleyvarner.com/thrive) to learn more!