

FASTING 411 Guide

1. **PURPOSE:** To do something that's hard (difficult). Plus it's a great way to help cleanse your body physically and mentally! If you're not in good physical shape, consult your physician first. If you're in good shape, get over the fear of going without; it's only three meals, you lightweight.

"Increased discipline is the goal here."

2. **PROCESS:** From all I have read and experienced, the ideal fast means consuming water only while skipping three meals in a row for 24 hours (that means skipping breakfast, lunch, and dinner). Then you break your fast at breakfast (break fast) the following day. I also do "no-lunch Fridays" once a month and sometimes incorporate modified fasts by supplementing grapefruit juice or protein smoothies for meals.

Most people are curious about their morning jolt (coffee or an energy drink), and if they have to give this up, too. I keep this in my diet on fasting days. I also go 21 days caffeine free to start the year. But you do you.

On average I do the water-only fast three times a year. The longest I have gone is three days without food and with water only, skipping nine meals in a row. The first day is always the hardest. See below for an article on 40 days without food. Our body (hunger) is okay without food for select periods of time as long as we are healthy. It's our brain (appetite programming and or addiction) that screams for things like sugar, carbs, snacks, and caffeine while we're trying to abstain.

3. **PLACE:** This is huge. Fasting needs to be done (for me) away from the city or not while working (or being at work). Keep in mind that your first fast may involve a grumpy or even angry you. Solitude, silence, simplicity, and serenity are the mindsets you want to pursue for this practice. So, a local park, mountains, or beach are ideal: places where you won't be interrupted and where there are minimal to no food options to tempt you.

"A change of place plus a change of pace brings a change of perspective." -Mark Batterson

Give it a shot, it's one of the best disciplines I've added to my life. I hope

you'll find it as rewarding as I have.

For more information.

Medium Magazine

The 40 Days of Fasting

<https://medium.com/catholicism-for-the-modern-world/the-40-days-of-not-so-fast-d4b6e5739d41>