**NBBC SUGGESTED FASTING PROCREDURES**

I believe that this fast will truly change the lives of those who choose to go down this journey with us.  This is not for the faint of heart, but for those who are truly seeking all that God has in store for them. Fasting is a sacrifice and a discipline, both of which are secrets to success in any area of life. I am asking you to make some sacrifices for 10 days, as we thirst and hunger for righteousness.  I leave you with this, if you want something that you have never had, be willing to do something that you have never done.  You’ve done it your way long enough, Try Jesus.

**10 Day Fast Commitments**

1. I Commit To A 10 Day Fast In The Eyes Of God And Man
2. I Commit To Pray Every Day During Fast
3. I Commit To Read The Scriptures Daily
4. I Commit To Attend All Church Services During The Fast, if at all possible
5. I Commit To Place God First In Every Area Of Life During The Fast
6. I Commit To Limit TV, Negative Influences from TV, Music, and People

By the strength and grace of God, I commit to the above fast.

**Preparing for Success:**

**Day 1 Reflection**– reflect on the purpose of the fast to worship God, to seek His face, preparations to fight through, write down problems which need solving, situations need healing, expectations of new beginnings**.  (**2 Chronicles 20:1-4, Psalms 27:7-8, Matthew 6:16-18, 9:14-15, Mark 9:17-29, Luke 2:36-38, Acts 10: 30-31)

**Day 2 Resolution** – purpose in your heart that you will see and hear God’s heart during this time of fasting and prayer; set your heart to live a fasted life; time will be spent in God’s presence – sometimes talking and most of the time listening to Him – this fast will set the tone for the times ahead.

Joshua 23:10-11, Psalms 27:11-14, 31:23-24, Philippians 4:8-9, Colossians 3:1-10, 1 John 4:6-13,

**Day 3 Repentance** – (day of weeping) time of godly sorrow for every known, hidden, secret or revealed sin in your life and be willing to turn from them to God.

2 Chronicles 7:14, Psalms 51:1-17, Luke 15:7-10, Acts 3:19-20, 17:29-31, 26:12-20, 2 Corinthians 7:8-11, 2 Peter 3:9, 1 John 1:8-9, Revelations 3:3, 3:19

**Day 4 Restore-** Relationships with God and man – let God impress upon your heart anyone you need to forgive and seek forgiveness from.  When He speaks, obey!

1 Kings 8:50, Matthew 5: 23-24, 43-48, 6:14-15, 18:21-35; Mark 11:24-26; Luke 6:27-38, Ephesians 4:31-32, Colossians 3:12-13, 2 Corinthians 2:10-11

**Day 5 Remember** –past victories, present victories, future victories, the faithfulness and kindness of God.

Exodus 15:11-13, Deuteronomy 8:1-18,  1 Chronicles 29:11-13,  2 Chronicles 20:17, Psalms 20:1-8,  77:11-15, 1 Corinthians 15:54-58, 2 Corinthians 2:14, 1 John 5:4, Revelation 15: 2-3

**Day 6 Revisit**– go back and revisit your time before salvation when the Lord was calling you; revisit the place in your mind of your salvation; revisit the power, the wonder, the overwhelming love, the sense of forgiveness you experienced on that day.

Numbers 14:19-21, Psalms 66:16-20, 86:15-17, Romans 5:1-11, 10:9-13, Ephesians 2:1-10,  5:5-10, 1 Timothy 1:9-17,  2 Timothy 1:8-10, Titus 3:3-5, 1 Peter 1:3-5

**Day 7 Release** – refuse to worry about anything.  Focus on what God can and will do. Release and surrender all to God by the power of the Holy Spirit. Remember, worrying is choosing not to believe God.  Replace worry with prayer.

Psalms 37:1-11, 55:22 Matthew 6:8-13, 6:25-34, Mark 11:22-24, John 15:7-9, Philippians 4:4-8, 1 Peter 5:6-8, 1 John 5:14-15

**Day 8 Restoration**– believe God for healing, renewal and repair in your life and the life of others.  God is a Restorer of every area of our lives.  God is able!

Exodus 15:26, 2 Kings 8:5-6, Psalms 23:3, 51:12-15, Isaiah 43: 1-7, 18-19, Joel 2:25-27, Matthew 8:1-4,  9:28-33,  12:13,  2 Corinthians 4:15-18,  1 Peter 2:9-10, 24- 25

**Day 9 Reward** – God rewards His children for obedience with both temporal and eternal gifts according to His word –

Job 22: 21-29, Psalm 37:3-6, Matthew 5:1-12, Mark 9:41, 10:29-30, Luke 6:22-23, 12:31-32, 2 Corinthians 9:6-13, 2 Timothy 4:7-8,  Hebrews 10:32-36,  11:6, Revelations 22:12-14

**Day 10 Blessings and Favor on Our Year**  – Deuteronomy 11:8-15, 28:1-8, Joshua 1:7-8, 1 Chronicles 4:10, Psalms 5:11–12, 84:11-12,  Proverbs 3:1-10, Isaiah 55:10-12, Romans 8:28-32, Philippians 1:2-6.

**Food guidelines for observing the Fast**

1. You have freedom in this Fast to modify it according to your personal physical and spiritual needs. You can modify these guidelines as you feel led by the Lord. If you feel that it would be more productive for you spiritually or physically to avoid certain foods or spices, that would be great. If you feel led by the Lord to eat only vegetables and drink only water, then do so!
2. The main thing is to decide ahead of time how you are going to apply the Fast. Then stick to your commitment for the length of time you have decided to fast.

**Foods To Eat**

You may want to eat only things planted for harvest and drink only water.

You may want to keep it simple and eat only fruits, vegetables and drink only water. If in doubt about a certain kind of food.

Whole Grains: brown rice, oats, rolled oats, oatmeal, barley, corn, popcorn, wheat, whole grain pasta, unleavened bread.

* Legumes: dried beans, pinto beans, split peas, lentils, black eyed peas, green beans, green peas, peanuts, etc. Grain legumes include beans, lentils, lupins, peas and peanuts.
* Fruits: apples, apricots, avocados, bananas, berries, blackberries, blueberries, boysenberries, breadfruit, cantaloupe, cherries, coconuts, cranberries, dates, figs, grapefruit, grapes, grenadine, guava, honeydew melons, kiwi, lemons, limes, mangoes, melons, mulberry, nectarines, oats, olives, oranges, papayas, peaches, pears, pineapples, plums, prunes, raisins, raspberries, strawberries, tangelos, tangerines, watermelon, etc.,
* Vegetables: artichokes, asparagus, beets, broccoli, brussels sprouts, cabbage, carrots, cauliflower, celery, chili peppers, corn, cucumbers, eggplant, garlic, gingerroot, kale, leeks, lettuce, mushrooms, mustard greens, okra, onions, parsley, potatoes, radishes, rutabagas, scallions, spinach, sprouts, squashes, sweet potatoes, tomatoes, turnips, watercress, yams, zucchini, etc.
* Seeds: all nuts, natural peanut butter, natural almond butter, sprouts, ground flax, etc.
* Liquids: spring water, distilled water, filtered water, 100% all natural fruit or vegetable juices

**Foods to Avoid**

These are suggestions. It is your fast. Decide how and stick to it.

o            white flour and all products using it

o            white rice, white bread, hominy and pasta

o            fried foods

o            caffeine

o            carbonated beverages, including diet sodas

o            foods containing preservatives or additives.

o            refined sugar

o            chemical sugar substitutes

o            margarine, shortening, animal fat, high fat product