

ACQUIRED

TASTE



Fasting Guidelines and Resources

CHANGE YOUR APPETITE.

CHANGE YOUR LIFE.

How to Prepare

In the same way fasting sharpens your physical taste buds, it sharpens your spiritual appetite—helping you crave the things of God above all else.

This fast is an intentional time to clear away distractions, break unhealthy appetites, and prepare for God to fill you with what truly satisfies.

We encourage you to prepare in three key areas:

1. Prepare Your Mind

- Renew Your Thinking – Fill your mind with God's Word daily (Romans 12:2).
- Walk in Dominion Over Your Flesh – Fasting is a reminder that your spirit leads, not your cravings.
- Set Your Focus – Write down what you're fasting for—breakthrough, clarity, healing, deeper intimacy with God.

2. Prepare Your Heart

- Be Vulnerable with God – Tell Him where you lack discipline or feel spiritually dull.
- Bring Your Addictions to Him – Identify anything you run to for comfort more than Him (food, media, habits).
- Repent and Receive Grace – Let this be a reset, not just a restriction.

3. Prepare Your Space

- Create a Prayer Space & Time – If you don't have one, choose a quiet spot where you can meet with God daily.
- Stock Up Wisely – Grocery shop for the foods you'll need that will set you up for success.
- Remove Temptations – Clear out or put away anything that could derail your commitment.

Important Note: If you are under medical care or taking medication, please be wise. Continue taking your prescribed medication and, if needed, consult your physician on how to participate in the fast safely.

Fast Outline

WEEK 1: August 18 – 24

- Water-Only Until 6 PM, Then Light Meal
- From sunrise until 6 PM: Water only (still or sparkling).
- After 6 PM: Light meal — simple, nourishing, no sugar or bread.
 - Examples:
 - Mixed greens with olive oil & lemon, topped with grilled chicken or fish.
 - Steamed or roasted vegetables with brown rice or quinoa.
 - Vegetable soup with a side of fresh fruit.
 - Baked sweet potato with steamed greens.
- No sugar — This includes sweeteners, bread, pastries, sodas, juices, and processed snacks.
- Reduce Secular Input:
 - Music, TV, YouTube, podcasts should be Christian or faith-building.
 - Self-development content is allowed if it aligns with God's principles.
 - NO SOCIAL MEDIA AFTER 8PM: Consider pausing social media entirely or limiting it to ministry engagement.

WEEK 2: August 25 – 29

Choose ONE of the following fasting levels:

1. **Option 1:** 5 Days Water-Only

- Only water (still, sparkling, coconut) throughout the entire day.
- Herbal teas without sweeteners may be used for variety. No caffeine

2. **Option 2:** 3 Days Water-Only, Then Liquids-Only

- Days 1–3: Water only.
- Days 4–5: Liquids only — smoothies, broths, vegetable soups, fresh-pressed juices (no sugar added).

3. **Option 3:** Liquids-Only All Week

- Soups (blended or broth-based), smoothies (unsweetened), and fresh vegetable or fruit juices.
- Avoid dairy, added sugar, and overly processed products.

Important Reminders

- Medical Conditions: If you're under medical care or taking prescribed medication, continue your medication and consult your doctor on how to fast safely.
- Hydration: Drink plenty of water throughout the day.
- Prayer & Word: Use mealtimes as opportunities to pray, worship, and read Scripture.
- Journaling: Write down what God is revealing to you and any changes in your desires
- Please be wise and take care of yourself as needed.

Ending the Fast Well

1. End Spiritually, Not Just Physically

Fasting is not just about what you've given up—it's about what God has given you.

- Set aside time for prayer and worship before you eat your first post-fast meal. Thank God for sustaining you, revealing truth, and drawing you closer to Him.
- Journal your experience: What has changed in your desires? What habits do you want to carry forward?
- Write down any instructions or insights God gave you during the fast. These will help you steward the results.

2. Break the Fast Gently

After fasting, your body is sensitive. Eating too much or too heavy can cause discomfort. General Rule: Start small, eat slowly, and choose whole, simple foods.

If you've been on:

- Water-Only or Extended Liquids:
 - Begin with diluted fruit juice, herbal tea, or a small smoothie.
 - After 1–2 hours, try soft fruit (melon, banana, papaya) or vegetable soup.
 - Slowly reintroduce cooked vegetables, then lean proteins over the next 24–48 hours.
- Modified Fast:
 - Start with a small plate of your usual meals—avoid fried, greasy, or overly processed foods.
 - Keep portions light for the first day.

3. Guard Your Spiritual Palate

You've cleared your spiritual palate—don't immediately fill it with what dulls your hunger for God.

- Continue limiting or carefully selecting media and entertainment.
- Keep a consistent prayer and Bible reading rhythm.
- Be intentional about maintaining new habits you started during the fast.

4. Stay Connected to the Community

- Share testimonies in small groups, prayer meetings, or on the church's testimony wall.
- Encourage others who are new to fasting by sharing what helped you.

Sample First Post-Fast Meal Ideas

- Smoothie: Banana + spinach + almond milk (unsweetened) + berries.
- Soup: Blended vegetable soup with a drizzle of olive oil.
- Fruit Plate: Melon, grapes, and berries.
- Steamed Veggies: Zucchini, carrots, and spinach with a squeeze of lemon.

Scriptures for Meditation

Below are some Scriptures to guide your heart and mind during the fast. We encourage you to not only read these but also search out others that speak directly to your personal journey, especially areas of addiction, discipline, or anything you've been leaning on more than God.

Reading and meditating on God's Word while fasting is essential; it fills the space where other appetites once ruled, renews your mind, and strengthens your spirit to stand firm in freedom.

Renewing Your Mind & Appetite for God

- Romans 12:1-2 – Offer your body as a living sacrifice; be transformed by renewing your mind.
- Psalm 34:8 – “Taste and see that the Lord is good.”
- Matthew 5:6 – Blessed are those who hunger and thirst for righteousness.
- Isaiah 55:1-2 – God invites us to come and be satisfied in Him.
- Colossians 3:1-3 – Set your mind on things above, not earthly things.

Freedom from Addiction & Strongholds

- John 8:36 – Whom the Son sets free is free indeed.
- 1 Corinthians 6:12 – I will not be mastered by anything.
- Galatians 5:1 – Stand firm in the freedom Christ has given.
- 2 Peter 2:19 – A man is a slave to whatever has mastered him.
- Romans 6:12-14 – Sin shall not have dominion over you.

Depending Fully on God

- Proverbs 3:5-6 – Trust in the Lord with all your heart.
- John 15:5 – Apart from Me you can do nothing.
- Philippians 4:13 – I can do all things through Christ who strengthens me.
- Psalm 63:1-5 – My soul thirsts for You; Your love is better than life.
- Jeremiah 17:7-8 – Blessed is the one who trusts in the Lord.

Strength & Endurance While Fasting

- Isaiah 40:29-31 – He gives strength to the weary.
- Matthew 4:4 – Man shall not live on bread alone.
- Joel 2:12-13 – Return to Me with all your heart, with fasting and weeping.
- Psalm 119:103 – How sweet are Your words to my taste.
- Nehemiah 8:10 – The joy of the Lord is your strength.

Other Ways to Engage

Fasting is just one way we're clearing our spiritual palate this month. Here are other powerful ways to stay connected, grow in community, and experience all God has for you during this series:

1. Review Sunday Sermons

Go back and rewatch the messages from the Acquired Taste series. Take fresh notes, pause to pray over key points, and ask God to show you what you might have missed the first time.

2. Join a Life Group

Growth happens best in community. Join a Life Group where you can discuss the weekly messages, share your fasting journey, and be encouraged by others walking in the same direction.

3. Attend the Special Events Connected to the Series

- **Night of Release – August 22nd**

One powerful, interactive night to confess, release burdens, and walk free. Come ready to be honest with God, let go of what's been weighing you down, and step into a new level of freedom.

- **Freedom Nights – August 27th–29th**

Three nights of prayer, prophecy, and deliverance with special guests—a time of seeking God with expectation and experiencing the freedom He has for us. These nights are designed to stir your faith, break chains, and open the door for lasting transformation.

4. Connect with Our Counseling Team

If you need additional support during this journey, our Counseling Team is available to walk with you. Whether you're addressing deep spiritual struggles, emotional wounds, or specific addictions, you don't have to navigate it alone.

A list of local and national resources for addiction support is provided on the next page for anyone seeking professional or specialized help.

Resources for Addiction Support and Recovery

There is no shame in needing help. Reaching out is a sign of strength, not weakness and it's one of the ways God provides for our healing. The resources listed here have been prayerfully and carefully vetted to ensure they are safe, reputable, and equipped to support you in your journey.

Name	Description	Phone Number	Addt. Notes
<u>Casa de Las Amigas</u>	Substance abuse out and in patient care for women	(626) 792-2770	Sliding scale, no one turned away
<u>Salvation Army Rehab</u>	Darlene Royal - 6 month Drug & Alcohol, Chapel, work therapy program 21 -65. Beds available for men and women - no income	(626) 795-8075	Free with work therapy component
<u>Free State - Funded Gambling Help</u>	No-cost treatment for Gambling Help	(800) 426-2537	24/7
<u>Nicotine Anonymous</u>	In Person or Online Support	(877) 879-6422	Free
<u>OverEaters Anonymous</u>	In Person or Online Support	(505) 891-2664	

Additional Resources for Addiction Support and Recovery

Name	Description	Phone Number	Addt. Notes
<u>Elijah's House Treatment Center</u>	Substance Abuse	<u>(888) 902-3990</u> <u>1408 N Hill Ave</u>	Open 24 hours
<u>Addiction Center</u>	Caffeine Addiction	(866) 202-4484	
<u>Internet and Technology Addicts Anonymous</u>	Internet & Technology Addiction		
<u>I Am Sober</u>	App that offers accountability for those in recovery		Covers all addictions
<u>Co-Dependents Anonymous</u>	Codependency		

**If you would like more information about any of these resources or need help navigating your next step, please contact Lady Shirley Henry or the church office for additional support.
You do not have to walk this road alone.**

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