

Beloved Grace Ministries

Fasting Guidelines

Our Rhythm of Fasting

At Beloved Grace Ministries, we practice corporate fasting as a spiritual discipline rooted in Scripture and led by the Holy Spirit. As a ministry family, we fast **the first three (3) days of each month**, and we also embrace **longer fasts as individually led by the Holy Spirit**.

Fasting is not a religious obligation or a means of earning God's favor. Rather, it is a sacred invitation to align our hearts with the Lord, quiet our flesh, and make room for greater intimacy, clarity, and obedience.

The Foundation of a True Fast – Isaiah 58

We anchor our understanding of fasting in **Isaiah 58**, which reveals God's heart for a fast that goes beyond abstaining from food. According to this passage, a true fast:

- Looses the bonds of wickedness
- Undoes heavy burdens
- Lets the oppressed go free
- Breaks every yoke
- Cultivates generosity, compassion, and justice

The promises and benefits of this kind of fast include: - Light breaking forth like the morning - Physical and spiritual healing springing forth speedily - Righteousness going before you - The glory of the Lord as your rear guard - Increased sensitivity to God's voice when you call and He answers - Divine guidance continually - Strength, renewal, and fruitfulness even in dry seasons

Our desire is not merely to fast, but to fast in a way that pleases the Lord and produces lasting spiritual fruit.

How We Fast

Our general fasting guideline is:

- **Daily fasting window: 6:00 AM – 6:00 PM**
- **During this time:** Water only
- **Outside the fasting window:** Very small, healthy meals

Meals should be simple and nourishing, avoiding excess, indulgence, or distraction. The focus of the fast is spiritual attentiveness, not restriction for restriction's sake.

A Time of Increased Spiritual Focus

Fasting is always meant to be accompanied by **increased devotion**, not merely reduced eating. During our fasting days, we encourage dedicating **more time than usual** to:

- Prayer and intercession
- Praise and worship
- Scripture reading and meditation
- Stillness, listening, and journaling

This is a sacred space to hear the Lord more clearly, surrender areas of the heart, and respond in obedience.

Grace, Wisdom, and Personal Responsibility

We believe fasting should be approached with both **faith and wisdom**.

- Anyone who is **on medication**, has **medical conditions**, or has **health-related concerns** should consult their doctor before fasting.
- Those who are **unable to fast during the 6 AM – 6 PM window** due to medication schedules, health limitations, pregnancy, work demands, or other valid reasons are encouraged to **do their best**.

Above all, we emphasize this principle:

Be led by the Holy Spirit.

God honors obedience, humility, and sincerity of heart—not comparison or legalism. A modified fast, when offered in faith and obedience, is precious to the Lord.

Our Heart

At Beloved Grace Ministries, fasting is an expression of love, surrender, and alignment. We fast to draw near to God, to contend for breakthrough, and to become a people whose lives reflect His righteousness, compassion, and power.

May every fast bring deeper intimacy with the Lord and lasting transformation in our lives and communities.