

## **FACTS ON FASTING**

For many middle school students, fasting for 30 hours does not sound like something they want to do. We strongly encourage your students to push themselves and try it, despite initial hesitation. This fast is a unique way to connect with God and to mourn for those who are hungry around the world.

\*\*\*The average, healthy person is able to go without food for 30 hours without any ill effects.

### **What is fasting?**

Fasting is the act of abstaining from food. There are various ways to fast, but the most popular is a juice fast, which is what we will be doing for the 30 hour famine.

### **Why is fasting part of the 30 Hour Famine?**

It's a way for students to draw nearer to God, allowing them to focus their thoughts, prayers, and efforts. It also allows participants to experience what real hunger feels like – hunger that is felt by many of the children and families who will benefit from the funds raised during the 30 Hour Famine.

### **What does the Bible say about fasting?**

Many scriptures reference fasting in both the Old and New Testaments. The following is not a complete list but is a good place to start: Ezra 8:21-23, Esther 4, Psalm 35:13, Isaiah 58, Daniel 9:3, Matthew 6:16-18, and Acts 14:23. Fasting, in the Bible, is something that is done to slow down and place focus on the Lord in a time of mourning or difficulty. For the 30 hour famine, we will be fasting to do just that: slow down and meditate on the hunger that is experienced by thousands of humans all over the world.

### **What are some alternatives to fasting?**

Fasting from food may not be an option for everyone (we strongly encourage students who can fast from food to do so). If, for any reason (medical or otherwise), someone cannot fast from all food for 30 hours, modifying the Famine is acceptable. Some suggested ways to modify a fast include: - Fasting from one meal (or two) - Eating only vegetables and drinking only water (like Daniel did in Daniel 1:5-16) - Abstaining from something (e.g., junk food, chocolate, soda pop, caffeine, etc.) - Fasting from talking for a period of time - Fasting from media (no TV, movies, radio, music, etc.)

### **How will we break the fast?**

We will be breaking the fast at 6:30p on Saturday with a communal soup and bread dinner. This will be provided by parents who will meet at the Boulder campus and eat dinner with us as we share stories from the experience.