



Join us on Sundays as we commit to a weekly 24-hour fast.

The Fasting Friends are an internet group where motivated individuals declare their intentions to fast each week and encourage one another with commitment and prayer.

Why fast?

It is a time to rest your digestive system, strengthen your immunity, and reflect on your eating patterns. Like shutting down your computer at times, rebooting your system permits you to start fresh each week. Most importantly, it provides an opportunity to draw close to God as we marvel at the benefits this weekly discipline creates.

Comments from various Fasting Friends:

“I’ve been fasting one day a week for a while now. What I’ve realized is now it’s easier for me to turn down food at other times throughout the week.”

“I always sleep so well the night I’m fasting!”

“Ever since I started fasting, I’m more aware of how and what I eat.
It’s given me great insight!”

Water fasting can be challenging with symptoms occurring such as headaches, diarrhea, and overall loss of energy. These outcomes at first are common. Each week is different with some weeks easier than others.

What we’ve found is that it’s always easier to fast knowing someone else is doing it with you. Some of the Fasting Friends may do just water. Others may choose to just drink fresh juices. Some people may write and say they’re just doing fruit. Whatever the commitment, participants fuel each other with their enthusiastic support.

Share this with a friend and sign up for a weekly reminder!