

B1: Fast Today, Change Tomorrow Facts On Fasting

The average, healthy person is able to go without food for 24 hours without any ill effects. Exceptions are the following:

- children under the age of 12
- the elderly
- pregnant or nursing women
- people with other specific medical conditions (past or present) including diabetes, reactive hypoglycemia, other medical conditions that are associated with or could precipitate hypoglycemia; eating disorders (anorexia, bulimia).

If you have any health-related questions about fasting during the B1 event or are regularly under a doctor's care for any of the above medical conditions, you are strongly advised to consult your family doctor before taking part.

What is fasting? Fasting is the act of abstaining from food. There are various ways to fast, but the most popular and the one that is part of B1 is a *juice fast* – a fast in which only water, fruit juice and vegetable juice are consumed. We will supply water and juice for the youth during the event. Please have your child bring a clearly labeled reusable water bottle for use during the weekend. Additionally, your child may, if desired, bring a favorite beverage in a container clearly labeled with his or her name. We discourage drinking soda during the event.

Why is fasting part of B1? Fasting provides opportunity for participants to focus their thoughts, prayers and efforts on things most important to God. It is a way to draw near to God. It also allows participants to feel what real discomfort feels like – discomfort that is felt by many of the boys, girls, men and women who are being helped by the funds raised during B1 for Imagine No Malaria.

What does the Bible say about fasting? There are many scriptural references to fasting, in both the Old and New Testament. The following is not a complete list but is a good place to start:

Matthew 6:16-18
Isaiah 58

Matthew 9:16-17
Judges 20:26-28

Matthew 17:20-21
Psalms 35:13

Daniel 9:3, 20
Mark 9:29
Ezra 8:21-23

For further information about Christian fasting, please consult one of our pastors.



Packing Suggestions

Please remember to bring

- Sleeping bag or air mattress
- Pillow
- Toiletries
- Pajamas
- Weather-appropriate clothing
- Tent, if you intend to sleep outside
- Closed-toe shoes to wear during the service project
- Work gloves & rake
- A reusable water bottle labeled with your name

*If you have any questions about
the B1 fast or the event itself,
please contact Rev. Dawn Corlew
at the church office
609-654-8111
or Bethany Carl at
flute10700@verizon.net.*