

FACTS ON FASTING
WORLD VISION'S 30 HOUR FAMINE

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

Exceptions include, but are not limited to:

- Children under the age of 12
- The elderly
- Pregnant or nursing women
- Individuals with other specific medical conditions

If you have any health-related questions about the 30 Hour Famine or are regularly under a doctor's care for any of the above medical conditions, you are strongly advised to consult your physician before participating.

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 recommended 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? There are many scriptures that reference fasting in both the Old and New Testament. 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. For further study, please consult a pastor, Bible scholar, or Christian bookstore.

What are some alternatives to fasting? A 30 hour fast is *not required* for Famine participants, but it is a recognized component of the 30 Hour Famine. If, for any reason (medical or otherwise), someone cannot fast from all food for 30 hours, modifying the Famine is perfectly 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 should we break the fast? Breaking your fast can be a meaningful time for the group, but it should be done gradually and sensibly. A big pizza feed might sound like a great idea, but something a little easier to digest (like pasta or rice) might be more comfortable in the end. For more ideas on breaking the fast, check out your 30 Hour Famine Leader's Guide or the resource section of www.30hourfamine.org.

This document was prepared by World Vision's 30 Hour Famine staff. It is not designed to replace a physician's guidance but is provided to answer common questions regarding fasting.