

STARVING FAST Quick Start Guide

kchanford.com/starving

##

1 Preview the Journey. 5 Minutes Today

Skim the Table of Contents and pp. 20-21 **now** — this way you will see what to expect and when through the fast.

Here's the rhythm:

- Water Increase
- Eliminate Sugar
- Drop a Meal
- Daniel Fast
- Media Detox



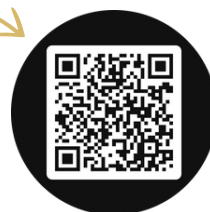
...NO! You won't be food-free all 21 days!

2 Gear Up. **Journal:** You will need a journal with blank pages. It is essential.

Pod: Don't fast alone! Get in an online group where you can ask questions, chat and be encouraged as you journey. Sign up through the Church Center App or at: kchanford.com/starving

Groceries: Shop for Daniel-Fast ingredients by Day 6; meal-prep simplifies life.

Cookbook: We've put some ideas together for you for the Daniel Fast.



3 Choose Your Reading Window

Morning readers feel ahead; night-before readers stay synced; just stay consistent.

Aim for 30 minutes of quiet (device-free) reflection.

4 Join a STARVING Pod

Sign up in the Church Center App or start a text thread with 3 - 6 friends.

Daily check-ins = motivation, recipes and prayer support!

5 Expect the Dip—The Breakthrough

Days 1-3 may feel rough (caffeine, sugar, media detox).

Hydrate, rest, and lean on God.

Clarity of mind and deeper connection with God usually land by Day 5.

6 Progress over Perfection

*Miss a journal entry?
Fell off the plan for a meal?*

Tomorrow's a new day, turn the page and keep going! The win is growth, not a perfect scorecard.