

PLEASE READ CAREFULLY

Wisdom Matters

86Hours.com · Fall 7 Rise 8 Ministry

This fast is voluntary and not medically supervised

86 Hours is a free, voluntary spiritual gathering. It is not a medical program. There are no doctors, nurses, dietitians, or medical staff involved. You are fully responsible for your own health decisions and for any consequences of participating.

Please use wisdom and seek guidance from a qualified medical professional if you have any health condition, take medication, are pregnant or nursing, are under 18, are over 65, have diabetes, have a history of eating disorders, have gout, have blood pressure concerns, have kidney issues, or are unsure whether fasting is safe for you.

Who should avoid this fast

Please do not participate in the water fast if any of the following apply to you, unless a qualified medical professional has specifically cleared you: pregnancy or nursing, age under 18, type 1 or type 2 diabetes, a current or past eating disorder, gout, low blood pressure, kidney disease, heart conditions, recent surgery, being significantly underweight, or any serious chronic illness. You are warmly invited to join the prayer gatherings without fasting.

Medications

Never stop, skip, reduce, or adjust prescription medication on your own in order to fast. Many medications require food to be taken safely. Talk with the prescribing physician before changing anything. If your medication plan does not allow fasting, please join us in prayer without fasting — that is a full and welcome way to participate.

Stop and seek help

Stop fasting immediately and seek medical help if you experience chest pain, fainting, confusion, severe weakness, persistent vomiting, severe dizziness, heart palpitations, irregular heartbeat, shortness of breath, or anything that feels unsafe. Breaking the fast early is wisdom, not failure.

Breaking the fast

Break the fast gently. Begin with small amounts of easily digested food — broth, diluted juice, fruit, or simple cooked vegetables — before returning to a normal diet. Refeeding too quickly after an extended fast can be dangerous.

Optional tools and references

Any apps, scans, bloodwork services, or fasting protocols mentioned on 86Hours.com are shared in good faith as optional references. They are not medical advice, not endorsements, not affiliate links, and not required for the fast. Please use wisdom and consult a qualified medical professional before using any tool, app, or protocol.

Your responsibility

By participating, you acknowledge that fasting carries risk, that you are choosing to participate freely, and that Fall 7 Rise 8 Ministry, 86Hours.com, and anyone associated with this gathering are not liable for any harm, injury, or loss connected to your participation. Care for the body God has given you.

Jesus Christ is the hero. All glory to God.

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