

STARTER KIT

# Everything your community needs to run Fast58.

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A step-by-step guide for leaders. How to prepare your community, run the fast, and give the difference to something that matters.

*"Is not this the kind of fasting I have chosen: to loose the chains of injustice and untie the cords of the yoke, to set the oppressed free and break every yoke? Is it not to share your food with the hungry?"*

ISAIAH 58:6-7

Fast58 is a framework for communities. **One week at a time.** Your people eat simply, track what they saved on food, and give the difference to a cause they already trust.

#### WHAT IT IS

## A fast that produces something **outside yourself.**

Isaiah 58 is one of the most direct passages in scripture about what God is actually asking for when we fast. Not self-denial kept privately. A fast turned outward, toward the people around you. Fast58 exists to give that kind of fast a practical shape.

The model is simple. Your community chooses a week and nominates a cause before it begins. During the week, every participant eats more simply and spends less on groceries. At the end of the week, each household calculates what they saved and gives that amount straight to the nominated cause, through whatever giving channel your community already uses.

Fast58 never touches the money. There is no platform fee, no centralised giving, and nothing owed to us. The funds stay entirely within your community.

*"Then your light will break forth like the dawn, and your healing will quickly appear; then your righteousness will go before you, and the glory of the Lord will be your rear guard."*

ISAIAH 58:8

#### WHAT FAST58 IS

A method. A framework. A rhythm your community adopts alongside your existing fast, run as often as your people are ready for, with a clear cause each time.

#### WHAT FAST58 IS NOT

Not a charity, not a fundraising platform, and not a giving campaign. We do not collect funds or take a percentage of anything.


#### THE PROMISES IN ISAIAH 58

This is not just a call to give. Isaiah 58 comes with specific promises attached to this kind of fasting.

 Your light will break forth like the dawn

 Your healing will quickly appear

 God says: "Here I am" when you call

 You will be called a repairer of the breach

## HOW IT WORKS

## Four steps. One week at a time.

### 01 Choose your cause

Before the fast begins, your community decides where the money is going. This could be a food bank you already support, a project your people have a real connection to, or a cause that your community has been walking alongside for years. People give differently when they can picture exactly where their money lands. The choice stays entirely with your community. Fast58 has no say in it.

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### 02 Spend less on food for one week

For one week, your community eats more simply and spends less on groceries than they normally would. The idea is not to suffer through it, but to make a deliberate choice together, with a reason behind it. Some households barely feel it. Some find the week hard going. Both of those experiences are fine. What happens in a person who goes without for someone else's sake cannot be replicated by a giving campaign.

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### 03 Calculate what you saved

At the end of the week, each household works out what they would normally have spent on food and compares it to what they actually spent. That gap is their contribution. There is no minimum and no suggested figure. The household who found the week really tight and the one who barely noticed it both give from the same place: what they went without. Average saving is \$50 to \$90 per household across one week.

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### 04 Give the difference

That money goes directly to the cause your community nominated before the fast began, either through your existing giving channels or straight to the partner. Fast58 is not in the middle of any of it. At 70 per cent participation across a community of 500 households, you are looking at around \$17,500 in a single week. Run it regularly and your partners can start planning around it, and that is a different thing entirely from a one-off donation.

## THE NUMBERS

# Small decisions. Large outcomes.

The maths behind Fast58 is straightforward. The average Australian household saves around \$50 to \$90 on groceries during a fast week. When that happens across a community together, the total adds up quickly.

COMMUNITY SIZE	PARTICIPATION	SAVING PER HOUSEHOLD	ONE FAST	PER YEAR
100 households	70%	\$70	\$4,900	\$9,800
250 households	70%	\$70	\$12,250	\$24,500
500 households	70%	\$70	\$24,500	\$49,000
1,000 households	70%	\$70	\$49,000	\$98,000
500 households at \$50 average saving, the conservative case			\$25,000	\$50,000

## \$25k

mobilised in a single week from 500 households at \$50 each

## \$50k

per year when the fast runs twice, without touching regular giving

## WORTH SAYING CLEARLY

This draws from a completely different pool to your regular giving. Your community is not contributing from their income or existing commitments. They are redirecting money they would have spent on food that week anyway. Most communities find it adds to what is already there without any friction at all.

## WHAT IT COULD FUND

Based on Australian food bank and international aid benchmarks, \$25,000 raised in a single fast week could provide approximately:

● 5,000 people fed for a week through a local food bank

● 500 months of clean water provided to families in need

● 125 school terms funded for children in developing countries

● A local pastor fully supported for six months

## LEADER GUIDE

# Preparing your community.

Running Fast58 well does not require much. Clear communication before the week begins makes the difference. Here is what that looks like in practice.

## BEFORE THE FAST: TWO TO THREE WEEKS OUT

- Nominate your cause and announce it clearly to your community. People need to know where the money is going before the week starts.

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- Set the dates. Choose a week that fits your existing fasting rhythm wherever possible.

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- Brief your small group leaders or team so they can answer questions and stay consistent in their messaging.

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- Communicate it clearly and personally. A short explanation from leadership carries more weight than an email alone.

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- Share the Isaiah 58 passage with your community and give it space. It is worth reading aloud together before the week.

## DURING THE WEEK

- Encourage participants to track their grocery spending daily. A simple note on a phone works fine.

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- A midweek check-in from leadership keeps the energy up. It does not need to be long.

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- Remind people the goal is not to suffer. Eating simply is the intention. The discipline is in the choice, not the discomfort.

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- Pray for the cause your community has chosen. Connect the fast to the people who will benefit from it.

## CLOSING THE WEEK WELL

- Give people a clear way to calculate their saving and a clear way to give. Remove every possible friction point.

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- Celebrate what your community did together. Share the total raised. Name the impact.

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- Follow up with a brief account from the cause or partner if you can. A short story closes the loop and builds momentum for the next fast.

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- Set the date for the next one while energy is high.

## A WORD ON PARTICIPATION

Not everyone will engage with the same depth and that is fine. Even a partial week counts. The person who cuts back on one grocery shop and gives \$20 is participating in the same movement as the household who spent the full week on rice and vegetables. Both matter.

## SAMPLE WEEK

## What the week looks like.

SUN	MON	TUE	WED	THU	FRI	SUN
Launch from the front. Announce the cause. Pray for it.	Week begins. Simple meals. Track grocery spending.	Small group check-in. Share how people are finding it.	Midweek message from leadership. Pray for the cause.	Continue. Encourage people tracking well.	Final day. Calculate savings. Prepare to give.	Collect. Celebrate. Share the total with your community.

## COMMON QUESTIONS

### Does it cost anything to run Fast58?

No. There are no fees, no licensing costs and nothing owed before, during or after. The only thing that changes hands is what your community saved on food, and that goes straight to the cause you chose.

### Who handles the money?

Your community does. Fast58 never touches the funds. Participants give directly through your existing giving channels or straight to the nominated cause. We are not involved in that process at any point.

### Does it conflict with existing giving commitments?

It does not compete because it draws from a completely different pool. Your community is not giving from their income or existing commitments. They are redirecting money they would have spent on food that week anyway. Most communities find it adds to what is already there without any friction.

### How often should we run it?

Many communities run it twice a year, aligned with their existing fasting rhythm, and find that builds something their partners can count on. Some run it more often. Some start with once and build from there. Start where your community is ready, and go from there.

### What support is available?

This guide covers what you need to get started. If you would rather talk it through, contact Tony directly at [admin@fast58.net](mailto:admin@fast58.net). Every message is answered personally.

READY TO BEGIN

# Your community. Your cause. Your Fast58.

You have everything you need to run Fast58. Pick a week, nominate your cause, and communicate it simply. The framework does the rest.

If you would like to talk it through first, reach out. Tony responds personally to every message and is happy to help you get started well.

GET IN TOUCH

**admin@fast58.net**

Tony responds personally

LEARN MORE

**fast58.net**

Resources and estimator tool

*"If you spend yourselves in behalf of the hungry and satisfy the needs of the oppressed, then your light will rise in the darkness, and your night will become like the noonday."*

ISAIAH 58:10