

Quick Tips For Fasting

PREPARING SPIRITUALLY

Confess your sins to God. Ask the Holy Spirit to reveal areas of weakness. Forgive all who have offended you and ask forgiveness from those you may have offended (Mark 11:25; Luke 11:4; 17:3-4). Surrender your life fully to Jesus Christ and reject the worldly desires that try to hinder you (Romans 12:1-2).

PREPARING PHYSICALLY

If you have health concerns or any questions about your physical well-being, consult your doctor prior to beginning a fast. This is especially important if you take prescription medications or have a chronic ailment. Some people should never fast food without professional supervision. In these cases you can fast other things. See “Fast of Sacrifice” on the following page.

HOW TO BEGIN

Start with a clear goal. Why are you fasting? Do you need direction, healing, restoration of marriage or family issues? Ask the Holy Spirit for guidance. Pray daily and read the Bible.

DECIDING WHAT TO FAST

What you fast is up to you (see other side of this insert). It may be a full fast in which you only drink liquids, or you may desire to fast like Daniel, who abstained from sweets and meats, and drank only water. You could even fast watching television or something else that would be a sacrifice from your normal activities. Remember to replace that time with prayer and Bible study in order to be intentional about growing spiritually.

DECIDING HOW LONG

You may fast as long as you like. Most people can easily fast from one to three days, but you may feel the grace to go longer. Use wisdom and pray for guidance. Beginners are advised to start slow. Consult your doctor if you have any questions or concerns. You could also choose to fast one day or more per week during the 21 days.

WHAT TO EXPECT

Quick Tips For Fasting

When you fast for more than a day, your body detoxifies, eliminating toxins from your system. This can cause mild discomfort such as headaches and irritability during withdrawal from caffeine and sugars. And naturally, you will have hunger pains. Take time to rest. Fasting brings about miraculous results. You are following Jesus' example when you fast. Spend time listening to praise and worship. Pray as often as you can throughout the day. Get away from the normal distractions as much as possible and keep your heart and mind set on seeking God's face. I always recommend also fasting most entertainment during this time, and replacing it with seeking God.

HOW TO END

Don't overeat when the time comes to end your fast. This is especially true if you have been fasting for more than a few days. Begin eating solid foods gradually and eat smaller portions or snacks.

For more information on ending your fast check out [this website](#).

Types of Fasting

The type of fast you choose is between you and God, depending on your physical ability and work responsibilities. You may want to include a combination of fasts. For example, you may want to participate in a Full fast for 1-3 days and then continue with a Daniel Fast, or weekly total fast.

FULL FAST

Drink only liquids (you establish number of days). Consult your doctor and let a pastor or Life Group leader know if you plan to do this for more than 3 days.

DANIEL FAST

Eat no meat, no sweets, no bread and drink water and juice. Eat fruits and vegetables. Veggie burgers are an option as well if you are not allergic to soy. Some people drink protein drinks, but be sure that they aren't loaded with sugar.

3-DAY FAST

This fast can be any type of fast (Full Fast, Daniel's Fast, Give up one food). It could be a sacrifice other than food.

PARTIAL FAST

Fast from 6am to 3pm or from sun-up to sundown. This fast can also be any type of fast.

FAST OF SACRIFICE

This type of fast includes giving up television or anything that would be a sacrifice for you personally. This can be a very effective means of growing spiritually. Be sure to pick something that means a lot to you, and then replace it with times seeking God, including reading His word, worship, and prayer.

Scripture references for fasting:

Matthew 6:16-18, Matthew 9:14-15, Luke 18:9-14.

Relation to prayer and reading of the Word:

1 Samuel 1:6-8, 17, 18, Nehemiah 1:4, Daniel 9:3, 20, Joel 2:12, Like 2:37, Acts 10:30, Acts 13:2, 1 Corinthians 7:5.

Corporate Fasting:

1 Samuel 7:5-6, 2 Chronicles 20:34, Ezra 8:21-23, Nehemiah 9:1-3, Joel 2:15-16, Jonah 3:5-10, Acts 27:33-37.

Remember that it is the attitude of a heart sincerely seeking Him to which God responds with a blessing (Isaiah 58; Jeremiah 14:12; 1 Corinthians 8:8). May God greatly bless you as you fast!