

FASTING TIPS

HOW TO BEGIN

Start with a clear goal. Be specific. Why are you fasting? Do you want to grow closer to God? Do you need direction, healing, restoration of marriage or family issues? Are you facing financial difficulties? Ask the Holy Spirit for guidance. Pray daily using our prayer points and follow daily bible reading schedule.

PREPARING SPIRITUALLY

This is a time where we disconnect from the world to connect with God in prayer and meditation. Give of yourself in sacrifice. Dedicate your heart and time (Romans 12:1-2). Forgive all who have offended you and ask forgiveness from those you may have offended (Mark 11:25; Luke 11:4; 17:3-4).

DECIDING WHAT TO FAST

The type of fasting you choose is up to you. You could go on a full fast in which you only drink liquids, partial fast or you may desire to do a selective fast like Daniel, who abstained from sweets and meats, and only drank liquids. Remember to replace that time with prayer and Bible study.

DECIDING HOW LONG

You may fast as long as you like. Most can easily fast from one to three days, but you may feel the grace to go longer and do the full seven days. Use wisdom and pray for guidance. Beginners are advised to start slow.

WHAT TO EXPECT

When you fast 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. Limit your activity and exercise moderately. Take time to rest. Fasting brings about miraculous results. You are following Jesus' example when you fast. Spend time listening to praise and worship. Get away from the normal distractions as much as possible and keep your heart and mind set on seeking God's face.

HOW TO END

Give God praise in advance for results. Don't overeat when the time comes to end your fast. Begin eating solid food gradually; eat small portions or snacks.