

“Fasting Tips”

SOME BENEFITS OF FASTING (Isaiah 58:8-14)

Spiritual enlightenment, Healing, God’s Favor, Divine protection, Answered prayer, Divine guidance, Refreshing, Strength, Exaltation, Restoration, Prosperity/Fruitfulness

SOME PRACTICAL TIPS ON FASTING:

There are many types of fasts, and the option you choose depends upon your health, the length of your fast, and your preference:

- ~ A Water Fast – means to abstain from all food and juices
- ~ A Partial Fast – means to eliminate certain foods or specific meals
- ~ A “Juice” Fast – means to drink only fruit or vegetable juices during meal times

1. Clearly decide *why* you are fasting.
2. Fast in faith knowing that God rewards the faster. (Matt. 6:16-18)
3. When tempted to eat, weigh the value of the food against the spiritual reward of the fast. You know you are going to eat again! Hang in there! It will be worth it!
4. Ask and expect God to sustain you. (Isaiah 58:5)
5. Read the Word and pray during the times you would normally be eating. This will be your spiritual food. It will strengthen and sustain you.
6. Know that many times you will experience the greatest results of the fast *after* the fast is complete. The Bible says that *after* Jesus had fasted he, “returned in the power of the Spirit.”(Luke 4:14)
7. Know that Biblical fasting always includes eliminating food. You can certainly fast other things, but food is your sustenance and the point is you are saying that God is your source of life and He is the One who sustains you. “Man shall not live by bread alone but by every word proceeding from the mouth of God.” Matthew 4:4

8. Eat light before the fast to begin shrinking your stomach. This will aid in reducing hunger pangs during the fast. Also be sure to eat light immediately following the fast. Overeating immediately after the fast can cause serious discomfort.

9. Know that many times self-control is more difficult before and after the fast than it is during the fast. This is not due to actual hunger. Your body is used to eating at certain times so “hunger pangs” are simply a signal letting you know that it is time to eat again. The best thing to do is to drink a lot of water when this happens.

10. The idea of going without food can be intimidating and even frightening to some. Be at peace. Unless you have pre-existing physical issues (see precautions below) you will be fine as long as you fast properly. People have been fasting for thousands of years and the benefits, as listed above, are well worth it!

11. During your fast drink lots of water and other fluids (unless you are doing a straight water fast). For the first few days your body will be releasing toxins. This can cause headaches, irritability and dizziness. Water will help flush the toxins through quickly. Once the toxins are gone you will be amazed at your energy boost as well as clarity of thinking.

12. If you are doing a liquid fast, taking multi-vitamins and minerals **in liquid form** is wise.

13. Don’t be legalistic. Do the best you can.

14. Break the fast with celebration.

SOME PRECAUTIONS:

If you have never fasted before, do NOT attempt an extended fast (anything longer than 3 days). Start small. Maybe you could just miss one meal per day.

If you are doing an extended fast for the first time, consider missing breakfast and lunch but eating dinner each day. You may possibly incorporate a 24 hr. fast a couple of times during the extended fast.

***NOTE: If you have any physical problems, you should consult with your doctor before you begin to fast. If you have a history of eating disorders, I strongly caution you to forgo the fast but commit to fervent prayer.