

STEPS FOR FASTING

STEP 1: Set Your Objective

Why are you fasting? Is it for spiritual renewal, for guidance, for the resolution of problems, for special grace to handle a difficult situation or spiritual renewal and dedication?

STEP 2: Make Your Commitment

What kind of fast (water only, water and juice or partial.) Before you fast, decide the following up front: * How long you will fast – one meal, one day, a week, several weeks, one meal each day for a specified period, (Beginners should start slowly, building up to longer fasts.)

STEP 3: Prepare Yourself Spiritually

The very foundation of fasting and prayer is repentance. Unconfessed sin will hinder your prayers. Examine your motivations to ensure that you are doing this from a sincere heart.

STEP 4: Prepare Yourself Physically

Fasting requires reasonable precautions. Consult your physician first, especially if you take prescription medication or have a chronic ailment. Some persons should never fast without professional supervision. Physical preparation makes the drastic change in your eating routine a little easier so that you can turn your full attention to the Lord in prayer.

* Do not rush into your fast.

* Prepare your body. Eat smaller meals before starting a fast. Avoid high-fat and sugary foods.

Step 5: Prepare your schedule

If fasting for longer periods, you'll want to plan your day accordingly. If you can lessen your work load it will be helpful. Plan what you will do during meal times so that you are not just "trying not to eat". Plan ahead for what you might read from scripture during that time also.

STEP 6: End Your Fast Gradually

If you are only fasting for a meal, this will probably not be an issue. If for a day or longer, it's a good idea not to go "crazy" when you do eat. If you decide to go 2 or 3 days, break your fast with lighter foods such as salads.

STEP 7: Expect Results

If you sincerely humble yourself before the Lord, repent, pray, and seek God's face; you will experience a heightened awareness of His presence (John 14:21). The Lord will give you fresh, new spiritual insights. Your confidence and faith in God will be strengthened.