

Fasting Quick Tips

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)

You are following Jesus' example when you fast. Spend time listening to praise and worship music. 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.

Preparing Physically

If you have health concerns, consult your doctor prior to beginning a fast and explain what you plan to do. This is especially important if you take prescription medications or have a chronic ailment. Some people should never fast without professional supervision.

How To Begin

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

Deciding What To Fast

What you fast is up to you. It may be a full fast in which you only drink liquids, or you may desire to fast like Daniel, who only abstained from breads and meats, and drank only water. There are a few other things to focus on during this time that will help you maintain a "clean vessel". For example, you should refrain from critical speaking, spreading negative words about or to anyone else. Also, consider limiting how much you watch TV, and how much time you spend on things that are distracting. Remember to replace that time with prayer and Bible study. That time with Jesus will produce dramatic change in your life.

Deciding How Long

Most people can easily fast from one to three days, but may feel the grace to go longer, even as much as 21 to 40 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 pangs. Limit your activity as much as possible, and exercise moderately. Take time to rest. Fasting brings about miraculous results.

How To End

Don't overeat when the time comes to end your fast. Begin eating solid foods gradually and eat smaller portions or snacks.