

Practical Guide to Successful Fasting & Praying

- 1) Determine what you hope to achieve during this fast.
 - a. To experience deliverance from oppression.
 - b. For improved physical or spiritual health.
 - c. To receive practical or spiritual direction.

- 2) Decide on the type of fast you will undertake and for how many days/meals. *Note: Please use caution when fasting, especially if you have medical conditions. It is advisable to consult with your physician before making drastic changes to your diet.*
 - a. A partial fast, which involves applying dietary restrictions to your eating habits.
 - b. A normal fast, which means eating no solid food.
 - c. A total fast is abstaining from all solid food and water for a day or two.

- 3) Prepare your heart for fasting
 - a. Confess any unresolved sin and receive God's forgiveness.
 - b. If you know you have offended someone, ask them for forgiveness.
 - c. Forgive anyone that has offended you.
 - d. Spend time in prayer in the morning and in the evening.
 - e. Expect God to speak to you both during and after the conclusion of your fast.

- 4) Prepare your home and body for fasting
 - a. If you have a hard time resisting certain foods while fasting, consider a little house cleaning to minimize temptation.
 - b. A week or so before you start your fast, begin eating less, eliminate caffeine, sugar, etc. This can help ease the discomfort you may experience once you start your fast.
 - c. Try drinking a lot of water and eating only raw fruits and vegetables for a few days before starting your fast.

- 5) Consider setting a schedule during your fast
 - a. Rise early in the morning to spend time in God's Word.
 - b. Consider a prayer walk several times a week or daily.
 - c. Take time every day to pray and listen to the voice of God.
 - d. Turn off the television and power down electronic devices to spend quality time with the Lord.

- 6) Establish a plan on how to break your fast
 - a. End your fast gradually by reintroducing foods that are easily digested.
 - i. Eat watermelon for a day.
 - ii. Add raw fruit juices, salad, steamed vegetables.
 - iii. Add soups and fresh fruits.
 - b. Consult with your physician for guidance on extended fasting – see note below.

NOTE* these suggestions are not intended as a substitute for medical advice. As with any eating plan, if you have medical conditions or feel that your physician should review your dietary changes, we encourage you to consult with your medical practitioner before started a fast.