

## **GUIDELINES TO FASTING**

With this call to enter into an extended fast, we must prepare ourselves adequately so that the fast can honor God and fulfill its purpose. Here are some items to help and encourage you.

**1. If you have medical issues, seek medical advice before the fast.** Seek medical advice before the fast, especially if you have any existing medical concerns or conditions. If you are under 18 years of age, discuss your desire to fast with your parents.

**2. Make your commitment and determine the length.** You can fast in many different ways. Pray and ask God to lead you in the kind of fast and the length of time.

- **Daniel Fast or Partial Fast:** Eat vegetables and drink water or juice drinks/protein shakes or eliminating desserts and certain foods from diet.  
\* This is practical for those on medications.
- **Water Only Fast:** Total abstention from food, but drink lots of water. Depending on your weight and metabolism, you can go forty days on water alone.
- **Complete Fast:** No food or water. Do not go beyond three days without water.

### **3. Prepare physically.**

It is suggested that two days before you fast, limit your intake of food to fruit and vegetables. Fruit is a natural cleanser and easy to digest. Stop drinking coffee before the fast. Drink lots of water to help your body detoxify. Prepare yourself for mental discomforts such as impatience, crankiness, and anxiety. Expect physical discomforts. You may experience dizziness, headaches and different kinds of pains. The headaches are not a sign to stop fasting. Your body is working to cleanse itself of impurities.

### **4. Take time to pray and read the Word.**

This may seem obvious, but busyness and distractions can keep you from devotions.

**5. Expect to hear God's voice** in the Word, dreams, visions and revelations. Daniel prepared himself to receive revelation through fasting (Daniel 10:1-2). There is a fasting reward (Matthew 6:18).

### **6. Prepare for opposition.**

On the day of your fast you can bet donuts will be at the office or in class. Your spouse (or your mom) will suddenly be inspired to cook your favorite meals. Press through. Many times you may feel more tension build at home. Satan tempted Jesus on the fast, and we must expect the same. Discouragement may come in like a flood, but recognize the source and take your stand on the victory of Christ.

### **7. If you fail, don't give in to condemnation.**

The "to fast or not to fast" dilemma can be a major tool of the enemy. Even though you may fail several times, God always extends grace. Just hit the "delete" button and continue on your fast!

**8. Feel free to rest a lot** and continue to exercise with supervision.

### **9. Prepare to endure: Breakthroughs often come after a fast, not during it.**

Do not listen to the lie that nothing is happening. God will reward those who diligently seek Him.

**10. Break the fast slowly**, over several days with fruit juice or light soups. On a light juice fast or a water fast your digestive system shuts down. This can be dangerous if you eat too much too soon. Break the fast with several days of diluted, non-acidic juice, then regular juice, followed by fruit and vegetables.