

# QUICK TIPS FOR FASTING

As you enter Fasting and Prayer, have anticipation of what God will do in our body, as well as you personally. We know God is setting our course as we seek Him first!

## PREPARING SPIRITUALLY

Confess your sins to God. Ask 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).

## 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 facing financial difficulties? Ask 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 abstained from sweets and meats, and drank only water. You could even fast watching television or something else that would be a sacrifice from your normal activities. Remember to replace that time with prayer and bible study.

## DECIDING HOW LONG

You may fast as long as you like. Most people can easily fast from one to three days, but you 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 pains. Limit your activity, and exercise moderately. Take time to rest. Fasting brings about miraculous results. You are following Jesus' example when you fast. Spend time listening to praise and worship. 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 sent on seeking God's face.

## 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.

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# TYPES OF FASTING

**FULL FAST** ▼ Drink only liquids (you establish number of days). Consult your doctor.

**DANIEL FAST** ▼ Eat no meat, no sweets, no bread and drink water and juice. Eat fruits and vegetables. Veggie burgers are an option as well if you are not allergic to soy. Some people drink protein drinks.

**3-DAY FAST** ▼ This fast can be any type of fast (Full fast, Daniel's Fast, give up one food). It could be a sacrifice other than food.

**PARTIAL FAST** ▼ From 6 a.m. to 3 p.m. or from sun-up to sundown. This fast can be any type of fast.

**FAST OF SACRIFICE** ▼ Giving up television or anything that would be a sacrifice to you personally.

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## SCRIPTURE REFERENCES FOR FASTING ▼

Matthew 6:16-18; 9:14-15; Luke 18:9-14

## RELATION TO PRAYER AND READING THE WORD ▼

1 Samuel 1:6-8, 17-18; Nehemiah 1:4; Daniel 9:3, 20; Joel 2:12; Luke 2:37; Acts 10:30; Acts 13:2; 1 Corinthians 7:5

**CORPORATE FASTING** ▼ 1 Samuel 7:5-6; 2 Chronicles 20:34; Ezra 8:21-23; Nehemiah 9:1-3; Joel 2:15-16; Jonah 3:5-10; Acts 27:33-37