



Quick Tips For FASTING

Most of the fasts mentioned in the Bible were public fasts initiated by the priests; Jesus gave us the model for private fasts in Matthew 6:16-18; 9:14-15. Whether you are beginning a private fast, or fasting corporately as we do each year at Free Chapel, I believe you will find these tips helpful.

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).

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 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 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 set 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.



Types Of FASTING

The type of fast you choose is between you and God, depending on your physical ability. He will honor your best. You may want to include a combination of fasts. For example, you may want to participate in a Full fast for 1-3 days and then continue with a Daniel Fast.

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

Fast from 6 a.m. to 3 p.m. or from sun-up to sundown. This fast can also be any type of fast.

FAST OF SACRIFICE

Giving up television or anything that would be a sacrifice for you personally.

SCRIPTURE REFERENCES FOR FASTING: Matthew 6:16-18, Matthew 9:14-15, Luke 18: 9-14.

RELATION TO PRAYER AND READING OF 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

Remember that it is the attitude of a heart sincerely seeking Him to which God responds with a blessing (Isaiah 58; Jeremiah 14:12; 1Corinthians 8:8). May God greatly bless you as you fast!

KINGDOM CONNECTION / P.O. BOX 315, GAINESVILLE, GA 30503 / 1.888.888.3473

The material above is provided for informational purposes only. It is not intended to diagnose, provide medical advice, or to take the place of medical advice and treatment from your personal physician. The author in no way claims to be a medical doctor. Readers are advised to consult qualified health professionals regarding fasting and/or treatment of their specific medical problems.