

Fasting

Matthew 6:17 – But when you fast, anoint your head and wash your face, 18 that your fasting may not be seen by others but by your Father who is in secret. And your Father who sees in secret will reward you.

1. Seek clarity from the Lord on what you are fasting for – to know the Lord in a deeper way, to be set apart for the Lord in greater purity and holiness, salvation of a loved one, fulfillment of a promise, etc.
2. Determine what type of fast – water, juice, vegetables, etc.
3. Plan how long the fast will be (1 day, 3 days, 7 days, 21 days, 40 days), and who will fast with you? Consider inviting others to join you in the fast, especially when praying for a difficult circumstance to change and when a breakthrough is needed in someone's life. For accountability and encouragement draw closer to community and let a few others know if you are going on a longer fast.
4. Add prayer to your fasting. Set aside extra time to seek the Lord in worship, prayer, reading and praying the Bible. Take time to listen to the Lord and write down the words and verses He speaks to you.
5. Drink plenty of water during the fast and break the fast well – fruits, vegetables and light soups work well to break a fast. Avoid heavy, greasy food. Don't overeat. The longer the fast the more careful you need to be when breaking the fast. A good rule of thumb is one day of a specialized diet for every five days of fasting. Expect to see great fruit from the fast.

*These people should not fast: women who are pregnant or nursing, people dealing with an eating disorder such as anorexia or bulimia, individuals with blood sugar problems such as hyperglycemia and diabetes, people taking heavy medications that require food. If you have a specific health concern, consult a physician before fasting.