

FASTING BASICS

INTRODUCTION

Biblical fasting is refraining from food for spiritual purposes. This takes a lot of discipline and strength. Let me illustrate it this way. If you decide to diet it will take a lot of discipline and it is the same way except that in fasting you spend these times of refraining from food to pray. We believe that, as we pray and seek God and give Him our best, He will bless our ENTIRE year.

OUR CORPORATE FOCUS

Fasting & Praying should have a focus. This could be a corporate focus or individual focus.

WHAT TO EAT

Fruits, Vegetables, Juices, Water

WHY DO I NEED TO FAST?

Maybe you are wondering, why do I need to fast. Here are a few reasons that may necessitate a fast

- 1 Do you desire to know God's will for your life?*
- 2 Is there a dream inside you that only God can make possible?*
- 3 Do you desire a deeper and powerful relationship with the Lord?*
- 4 Are you in need of a fresh encounter?*
- 5 Do you want to develop sensitivity to the things of God?*
- 6 Do you need deliverance from curses & bondage?*
- 7 Are you in need of healing or a miracle for yourself or someone?*

SCRIPTURE REFERENCES

Matthew 6:16-18, Matthew 9:14-15, Luke 18:9-14; 1 Samuel 7:5-6, Ezra 8:21-23, Nehemiah 9:1-3, Joel 2:15-16, Jonah 3:5-10, Acts 27:33-37

TYPES OF FASTING

Throughout the scriptures, there are different kinds of fasts that we see. Please know that these words as used may not necessarily appear in scripture. But it is used to describe the type of fast we read about in the bible.

- 1. **Full Fast** - You drink only liquids for days that you determine*
- 2. **Daniel Fast** – You eat no meat, no sweets, and no bread but drink water, eat fruits, vegetables and the like (Daniel 1:12; 10:3)*
- 3. **Partial Fast** - A partial fast is from a certain time to another time as you will determine.*

QUICK TIPS

How to Begin: *Ask yourself why you're fasting? Do you need direction, healing, restoration of marriage or family issues etc.?*

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 (Luke 11:4; 17:3-4).*

Deciding What to Fast: *The type of fasting you choose is up to you. Only remember to replace that time with prayer and Bible study.*

What to Expect: *When you fast, your body detoxifies and this can cause mild discomforts such as headaches, irritability and hunger pains. Limit your activity and exercise moderately. Take time to rest. Spend time listening to praise and worship CD'S. 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, begin eating solid food gradually; eat small portions or snacks.

Medical Advice:

CONSULT YOUR DOCTOR IF YOU ARE ON MEDICATION. BUT I CHALLENGE YOU TO TRUST GOD AT THIS TIME AS WE FAST & PRAY FOR GOD TO HEAL YOU.