

# A GUIDE FOR BEFORE YOU FAST

1. Clarify what you are praying for as you fast.
2. If this is your first time fasting, start slowly (fasting from one meal, fasting for one day, etc.) and move up to longer fasts over a period of time.
3. Set a definite beginning and ending time. If it is an extended fast, be accountable to someone.
4. Begin the fast with the faith resolve that it is going to be effective and you will be able to finish.
5. Plan ahead - look at your schedule and make it a part of your planning for the week (set specific prayer times, etc.).
6. You may experience some physical discomforts (headache, etc.). Decide ahead of time that you will let these times lead you to desperation for God. Focus on the fact that you are obeying God.
7. Always drink lots of water and/or 100% juice.
8. On longer fasts, you may need to rest more than normal.
9. Break the fast with healthy food—soup, broth, bread, fruit, or cooked vegetables etc.
10. If you have a medical condition (hypoglycemia, pregnant women, etc.) or are taking medication, please consult your physician if you have any questions about fasting. In this case, you may consider a different kind of fast ie. Daniel Fast.

# PRAYER & FASTING PLAN

## Morning

- Begin the day with worship and praise, if possible, on your knees.
- Open your hands and surrender your day and your life to God.
  - Clarify and write down what you will believe for as you fast today.
- Drink water until you start to feel full, then drink some juice.
- Ask God for grace to fast today.

## Other meal times

- Set aside specific times for the Word and prayer. Don't just starve.
- Sample prayer time (30 minutes).
  - LOOK UP: worship and thanksgiving (5-10 min)
  - LOOK IN: word of God, confession, prayer, listening (15 min)
  - LOOK OUT: intercession for others (5-10)
- Keep a journal of what you hear God saying throughout the fast.
- Pray with someone for at least one prayer time.
- Drink 16-32oz of 100% juice or vegetable drink.

## Throughout the day

- Play worship music throughout the day to “feed” your spirit.
- Abstain from any media unless absolutely necessary.
- Drink lots of water throughout the day.
- Develop a prayer mantra to say when your stomach growls, like “I do not live by bread alone, but by the word of God.”
- Pray in the spirit to yourself often.

## Breaking the fast

- Give thanks to God before you eat for what He has done.
- Take it slow! Don't gorge or eat fried foods.
- Break the fast with healthy food—soup, broth, bread, fruit, or cooked vegetables etc.
- Continue to drink lots of water and 100% juice.