

16 *“When you fast, do not look somber as the hypocrites do, for they disfigure their faces to show others they are fasting. Truly I tell you, they have received their reward in full. 17 But when you fast, put oil on your head and wash your face, 18 so that it will not be obvious to others that you are fasting, but only to your Father, who is unseen; and your Father, who sees what is done in secret, will reward you. (Matthew 6:16)*

So it begins! Are you already feeling the tension of routine pushing you towards the very thing you are trying to abstain from? In this 3 day process you will have many temptations from routines, friends, family, and co-workers. These things are necessary and can easily make you dread the whole fasting process, thinking, “Why do I have to do this while they enjoy their life, food, and routines.” Well don’t fall into the trap! When done correctly fasting should be an experience that is actually enjoyable! It might be difficult, but it can still be very enjoyable. So this morning I want to give you a few tips on “How to fast the right way” that I clung to as I went through my fast.

1. Follow what Matthew 6 is telling you above. It will be the hardest thing to not announce to the world that you are fasting. This is wisdom straight from Jesus’ mouth that we should appear as though we are “whole” because we are! You are also going to benefit by trying to keep your fast as intimately between you and God as you can. The people you tell will point out the worldly things you are missing by inadvertently adding to the temptation, while only God can ACTUALLY fill the gap!

2. There can never be enough scripture, prayer, and water! For my personal fast these were the staples of my diet! Keep all of these things readily available for when hunger or temptation creeps in.

3. Gently remove yourself from the routines that you’ve set for yourself. Find a quiet place away from the crowds and seek to be in God’s presence ONLY.

Journal:

This morning I am experiencing...

Prayer: God, here I am! I am ready to give this fast a shot but I know that this is going to be tough. Please walk alongside me, please rest in me as I seek to rest in you. God, protect me from myself in this fast and keep me leaning on You.