

Tips for Fasting - by Starr Lichty

Psalm 35:13 "I humbled my soul with fasting."

Before starting a fast, ask the Lord IF you should fast. If so, dedicate your fast to Him and to His purposes. Ask Him to direct your prayers and the type of fast to choose.

A **Regular Fast** includes drinking water only.

A **Partial Fast** includes water and other beverages.

A **Daniel Fast** is for 21 days and consists of eating foods EXCEPT meats, sweet breads and wine.

If you are new to this experience, start with a one meal fast. Later, God may ask you to fast longer.

1. Drink purified water instead of spring water or tap water. Your body deserves the best. You may add a squeeze of lemon and/or honey.
2. Juices should be 100% juice, not juice drinks. They can be diluted if desired. Hot or cold apple cider is a suggestion.
3. Drink broth - vegetable, chicken or beef. Homemade is best, using purified water to prepare your beverages. Use a squeeze of lemon to the chicken broth.
4. Caffeinated beverages should be cut back a bit if possible. Again, use purified water to prepare your beverages.
5. Rest or nap as needed during the fast, especially during longer fasts. Remember, you can pray on your back, as well as on your knees or while you walk or sit.
6. Use the fasting mealtime to pray, to study scripture and to meditate. You can sit with your family at mealtime and read a story or scriptures to them if you are the only one fasting.
7. Take a walk out in the fresh air and pray.
8. Select a partner for accountability. It can be a spouse or another person of your own gender. You two can pray together and support each other in the fast.
9. Break the fast with light foods, non-greasy, especially during the longer fasts.
10. Remember that fasting is a Christian discipline for life. It is also a privilege to commune so closely with the Lord. Many persons have been pleasantly surprised by God with various healings, with clarity in making decisions and in praying with more discernment while fasting. It is a wonderful experience. If you feel you failed your fast in some way, stop the fast and go back to God to talk about when and how to fast the next time. Because God won't beat you up for failing, you're not allowed to beat yourself up either! He will reward you because you sought Him diligently.
11. If you are not fasting a meal for health reasons, ask God what you can fast, such as favorite foods or snacks. Perhaps a fast from TV watching or something else you can give up in order to pray.

Scripture references: 2 Chronicles 7:14-15; Isaiah 58; Matthew 6:17