

## **FASTING: PRACTICALITIES AND WHAT TYPE OF FAST**

1. If you have never fasted, or a long time ago it is advisable that you start with shorter periods, ie, a day or part of a day.
2. You need to consider your health and medical status, ie pregnant women, diabetes etc, and whether you have to take medication. Decide am I going to include water and or juice. A Healthy person could easily go with only water for two days.
3. Am I able to fast from something other than food? [Denying yourself certain personal privileges and pleasures.] The answer is, of course, yes. However, keep in mind that fasting in the Bible was always a denial of food. But let it be something between you and God.
4. Remember when you fast, to pray during the time that you would've spent to eat or doing a certain activity. Otherwise you are just dieting or going on a hunger strike.
5. Decide what activities you will need to cut out. If you are fasting for more than 24 hours, then you shouldn't plan of doing that 5km run or the 30 minutes aerobic workout. This is especially true if you are only taking water and if you are fasting longer than a day or more.

### **TYPE:**

1. Corporate fast – (Nehemiah 9; Acts 27:33; Acts 13:1–4, Acts 14:23)
  - This usually involves the whole congregation.
2. Private fast – Daniel (Daniel 10:3), Jesus (Luke 4:1–2)
  - This is usually self-appointed as directed by the Holy Spirit
3. Partial fast – water and/or vegetables (also called a Daniel fast)
  - This involves the eating of vegetables only (i.e – no meats other substantial solid foods) for an appointed period.
4. Absolute fast – No food
  - This involves complete abstinence from food entirely. (Luke 4:1-2)

### **PREPARATION:**

- a. Spiritually. (Deal with unconfessed sin)
  - b. Begin with an expectant heart
  - c. Be aware of spiritual opposition during your time
- a. Speak to a doctor if necessary
  - b. Prepare your body by cutting out sugars and caffeine the day or two before. This will help avoid headaches.
  - c. Prepare yourself for some hunger pains, light headaches, and weakness if you are going to fast more than a day. If you are doing a longer fast, this will pass after the third or fourth day, after you body has rid itself of most toxins. Of course, drink lots of water.

### **After the fast**

Consider a day or 2 after your fast as part of your overall fast to give your body time to adjust, especially if you've been going without food for a number of days.

And, what if you fail in our fast? .....grace – no condemnation.