

# F A S T I N G

## WAYS TO FAST

- One meal a day for 5 days
- Liquid fast for one or more days (Please be sure to consult your doctor first)
- Fast for part of a day  
If you are fasting breakfast, for instance, you want to pray during breakfast and not eat again until lunchtime. Try to leave at least 4 hours from the time you fast until the next meal. This will be different, of course, if you're fasting more than one meal or fasting all day. **If you start to feel hunger pangs or a headache coming on, ask the Lord Jesus for grace to continue and also use the discomfort as a catalyst to pray regarding that day's prayer focus. Stay with it—you can do it and you will be blessed!**
- If you are going to fast the entire 5 days, you might want to consider doing a "Daniel Fast." See hand-out for more information on this. The only concern is, since you won't be fasting a particular meal, you must be sure to make time to pray—as prayer is critical to this effort.
- If you are considering a 5-day liquid only fast, *please* be sure to check with your doctor first.

## WHAT TO FAST

A **food fast is preferable** for those whose health will allow it, but there are other types of fasts you may also want to consider either instead of or in addition to the food fast:

Fast from use of social media

Fast from soft drinks

Fast from TV

Fast from movies

Fast from sweets

Fast from eating out

Fast from secular music

Fast from unnecessary shopping or conveniences

**Remember, to be effective, in terms of spiritual results, all fasting must be joined with sincere and focused prayer.**