

**2. Go for a prayer walk.** Walk outside, maybe in a park, and thank God for his wondrous creation. Thank Him for everything He has created as you walk. Ask Him to give you a spirit of thanksgiving and appreciation.

**3. Pray for the welfare of others.** Pray for church leaders to preach His Word as God intended, so that your friends and family members will grow closer to Him or accept Him into their lives; pray for government leaders to come to Him, and ask Him for His Will.

### PART III: BREAKING YOUR FAST

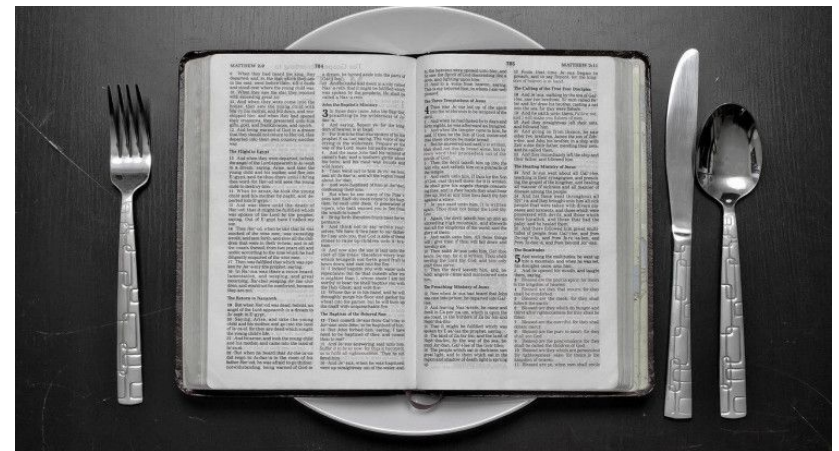
1. Avoid eating too much too quickly after fasting. Eat small portions as you return to regular eating habits after fasting.
2. For longer fasts start eat a raw salad the first day of breaking your fasts, start with simple foods...
3. The 2nd day, add a baked potato, avoiding any fat or salt on the potato.
4. The 3rd day, add a steamed vegetable. Afterwards, progressively initiate additional foods into your eating.

### ADDITIONAL RESOURCES

- **For more details on how to fast visit:**
  - <https://www.cru.org/train-and-grow/spiritual-growth/fasting.html>
- **For literature on fasting we suggest:**
  - 'The Beginner's guide to Fasting' by Elmer Towns



# Basic Tips For Fasting & Prayer



# HOW TO FAST AS A CHRISTIAN

Fasting is a sacred time in which Christians abstain from food, or other pleasures, and take the time to focus on God. If you are interested in focusing your life around God, and deepening your faith -- read on and find out how!

## PART I: BEFORE YOU FAST

**1. Have the right motives.** Note that fasting as a Christian means to humble yourself before God. It is a way to glorify him. Keep these aspects in mind while you fast. Don't confuse this with any other reasons for fasting such as weight loss, etc. Center it around Jesus.

**2. Pray before your fast.** Pray, confessing all your sins, and inviting the Holy Spirit to lead your life. Let Jesus know you wish to know Him personally. Acknowledge that He lived without sin, died in our place on the cross for our sins and rose three days later, freeing us from condemnation, and giving us His free gift of eternal life. Humble yourself to ask forgiveness for everyone you may have hurt; and ask forgiveness from God. Forgive those who have hurt you. You do not want to enter into a fast holding grudges, carrying envy, pride, anger or hurt. The enemy will try to use those things to distract you from your fast.

**3. Meditate on the Gospel & the holy character of God.** These may include the His ability to forgive, His strength or wisdom, His peace, His capacity to love unconditionally, etc. Praise Him for these attributes! Surrender your life and thank Him for all He has done for you!

**4. Determine the length of your fast.** A fast can be defined by 1 meal, 1 day, 3 days or a week. You may wish to try a shorter fast, and start slowly at first, if you have not previously fasted. You can also pray and ask the Holy Spirit to reveal to you how long you should fast.

**5. Note the type of fast you are being called to.** You may feel the Holy Spirit calling you to a specific type of fast. A partial fast may mean giving up only certain types of foods or meals. Juice fasts remove the pleasure of chewing any type of solid food, yet fruit and vegetable juices are permitted.

**6. Drink enough water to support life. Since water is not a food, observe this *Absolute Caution*:** In an absolute fast one abstains from solid and liquid "foods" – such as, fruit juices - but, water is essential for life much as breathing.

## PART II: DURING YOUR FAST

**1. Have a morning worship & devotional time.** Worship God and praise Him for His attributes. Read God's Word, and meditate believing that *God will lend me His Wisdom*, so that *I can input His Word into my life*, and *gain a fuller understanding of it*. Pray for God's Will to be done, and for the guidance of the Holy Spirit. Ask God to lead you in spreading His Glory into the world we live in.