

PRAYER AND FASTING

Here are some biblical truths regarding fasting and prayer.

- Throughout Scripture fasting refers to abstaining from food in order to concentrate on God to a greater degree. (Dan. 9:3; Zech. 7:5; Acts 13:2)
- Fasting is a way of humbling the soul before the Lord. (Ps. 35:13)
- In the New Testament fasting is an expected practice yet it is to be done willingly. (Mat. 6:16-18)
- Prayer and fasting is an aspect of bringing release to the captives. (Is. 58:6)
- During times of prayer and fasting greater wisdom and revelation may come. (Dan. 9:3 & 21-22)
- Churches had times of corporate fasting. (Acts 13:2; 14:23)

Here are some practical guidelines for fasting.

- Do enter your fast gradually. Don't try to 'stock up' by eating a lot before a fast. It will not help.
- Do drink plenty of water while on your fast.
- Do check with your physician. Those who have health problems such as diabetes or who are pregnant should not do a complete fast from food. (You might consider 'fasting' from TV or another activity to have more time for prayer.)
- Do consider a 'partial fast', cutting out one or two meals each day or eating a very simple diet if your job requires strenuous work
- Do use the 'extra time' to draw close to the Lord. Time often seems to slow down while fasting. Make the most of this.
- Do break your fast slowly. When breaking your fast take care not to overeat. Fruit and vegetables are great for breaking a fast.

Some things you might experience while fasting.

- Since your body is in the habit of being fed regularly you may experience some hunger pains. (This is just your body kicking up a fuss.)
- The body tends to expel poisons during a time of fasting so you may experience a coating on the tongue, bad breath and headaches. (Be grateful that you're getting rid of the bad stuff.)
- You will probably experience physical weakness and some dizziness. (Get more rest and take it easy. Light exercise such as walking can help.)

Methods of fasting to choose from

- Length of the fast: 1 day, 3 days, 7 days, 14 days, 21 days, 40 days
- Method's of fasting:
 - Full fast
 - Fasting all food & drink (except for water) every meal, every day of the fast
 - Partial fast
 - Fasting an activity (i.e. TV, social media, etc)
 - Fasting certain foods (i.e. only eating vegetables or liquid)
 - Fasting certain meals/days
 - One day/week for a month
 - One meal/day for a week