



Generation

CHURCH

Practical Tips for Fasting & Prayer

1. **Set your spiritual objective. What are you fasting for?**

- a. Fasting for intimacy with God, breakthrough in some area of life, crucifying your flesh and fasting for spiritual discipline or fasting for clarity or direction in life.

2. **Make your commitment.**

- a. What kind of fast, for how long and when will you devote time to prayer and Bible study.

3. **Prepare yourself spiritually.**

- a. Do you need to repent of anything? Do you need to forgive anyone? Be expectant for God to show up during your fast.

4. **Prepare yourself physically.**

- a. Don't eat a big meal before or after your fast. Go easy into and out of your fast. Eat smaller meals into and out of your fast to prep your body.
- b. Continue to drink water to stay hydrated. If you are doing a Food & drink fast, then don't go for more than 3 days without water.
- c. Decrease your caffeine intake for a few days before you begin.
- d. Tell only people that you must, and try to be considerate of others in your schedule if you fast.
- e. The first 2-3 days are the most difficult. For roughly the first 3 days your body will be cleansing itself so you may have caffeine headaches, or withdrawal symptoms from sugar or tiredness after which time you'll have a greater sense of well-being physically and spiritually. So really try to push into those longer fasting periods.

5. **Make a prayer and Bible study schedule.**

- a. During mealtime is the best because in a fast you are substituting food for time to feed on the daily bread of God's word.

6. **Expect results.**

- a. Consciously reflect on Scripture and your experience. Look for things that God is saying through prayer and scripture reading.

7. **End your fast gradually.** Don't eat a huge meal to break the fast. Try soups and bland foods to reintroduce your body to food.