

Fasting

Quick Tips to Help You Succeed With Fasting



Intentionally Seek More of God

"Draw near to God and He will draw near to you."

- James 4:8

Jesus said "And **when** you fast, do not put on a sad face as the hypocrites do... [Instead,] When you go without food, wash your face and comb your hair so that others cannot know that you are fasting - only your Father, who is unseen, will know. And you Father, who sees what you do in private, will reward you." *Matt. 6:16-17* (NOTE: Jesus did not say **IF** you fast, but **WHEN** you fast. It is, therefore, our reasonable service as Christ's followers to fast regularly.)

1

SUBSTITUTE PRAYER

Take your regular meal time(s) to devote to prayer.

2

QUIET YOURSELF

Try to eliminate distractions so you can better hear from God.

3

HUNGER PANGS

Use your hunger as a prompt to pray throughout the day.



Absolute or Dry Fast

No food or water



Full Fast

No food, but water, clear broth or juice



Partial (Daniel) Fast

Abstain from certain types of food and drink

Non-Food Fast

Should supplement the above fasts by restricting certain activities

Spiritual Insight into Fasting

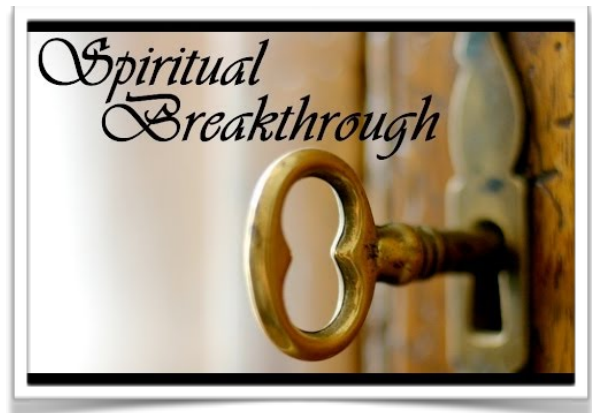
The following are excerpts from *Fasting* by Jentezen Franklin

Many Christians have just stopped fighting all together because they are battered and bruised or using dull blades to fight demonic powers. When you fast and pray, you effectively sharpen the Word in your mouth. Instead of flippantly quoting Scripture, you now wield a **powerful** weapon with a razor-sharp edge that slashes the enemy when you speak (p. 96).

Understand that you are not 'twisting God's arm' when you go on a fast. What you are actually doing is **positioning** yourself and **preparing** your heart for what is to come. If you are willing to seek Him, He is willing to give (p. 182).

Fasting makes you more **sensitive** to the timing and voice of the Holy Spirit. Fasting does such a work in your life that the lost are often drawn to you and to what God is doing. It's not that we manipulate God through our works, forcing His hand. Fasting simply breaks you and brings your **faith** to a new level (p. 104).

Fasting is a constant means of **renewing** yourself spiritually. It is a form of **worship** - offering your



body to God as a living **sacrifice** is holy and pleasing to God (Rom. 12:1). The discipline of fasting will humble you, remind you of your dependency on God, and bring you back to your first love (p. 71).

God is a rewarder of those who diligently seek Him. (Heb. 11:6)

Seek first the Kingdom... (Matt. 6:33)

Diligently seek the Lord! [Even] when everyone else is going out to the movies, drinking sodas and eating popcorn you stay home to be with the Lord because you just *have* to hear from Him (p. 124).

FASTING ALSO IMPROVES YOUR PHYSICAL HEALTH

As stated in *Toxic Relief* by Don Colbert, MD, "Fasting is a powerful, natural way to cleanse your body from the burden of excess toxic nutrients such as bad fats, and from other chemicals and toxins that cause degenerative diseases."

Our bodies are overfed and burdened with the wrong nutrition. Give your body a rest through fasting followed by a healthy and cleansing diet (no more junk food!). You'll experience renewed energy, stamina, healthy weight, healing from multiple diseases, & anti-aging. Praise God for added blessings!

