

Fasting Guide

Purpose

1. To Focus on the Lord
 - Never to Try to Earn Favor with God or as a Religious Duty
 - Study the Word
2. For Prayer
 - Set Aside or Consecrate Time and Energy
3. To Prepare for Service
 - **Matt. 4:1-2, 11, Acts 13:1-3**

Procedure

1. Choose the Appropriate and Safe Format for Your Fast
 - TOTAL: Avoid going more than a few days
 - PARTIAL: May take in a small amount of food (fruit, carbs, etc.)
 - SPECIFIC: Abstain from certain food or beverages
2. Drink Juice and Make Use of Vitamin Supplements, as appropriate
3. Drink Water Regularly
4. Establish Accountability with a Family Member or Friend
 - Expect Possible Mood Shifts
5. Limit Activity
 - Establish a Time when Less Is Expected: Do not continue if more immediate matters require your full attention.
 - **Matt. 6:16-18:** *"Whenever you fast, do not put on a gloomy face as the hypocrites do, for they neglect their appearance so that they will be noticed by men when they are fasting. Truly I say to you, they have their reward in full. But you, when you fast, anoint your head and wash your face so that your fasting will not be noticed by men, but by your Father who is in secret; and your Father who sees what is done in secret will reward you."*

Caution

1. Watch for Reactions: Headaches, withdrawal, etc.
 - Particularly as detoxification takes place (caffeine, etc.)
2. Do not Allow Yourself to Become Dehydrated
3. Do not do a Total Fast at All or Partial Fast for Long if you are subject to:
 - Diabetes
 - Medications (requiring they be taken with a meal)
 - Are Sick
 - Pregnancy