

Guidelines for Fasting

1. Consider fasting for one meal a week for the next four weeks.
 - If you can't do one meal a week, do one meal every two weeks.
 - Some of us can't do this. No problem. Don't do it.
 - If you have a job that demands that you eat in order to function, fast something else.
2. Fast more than food. Fast the Internet or TV or a hobby. *Suggestions...*
 - When you get in your car don't turn on the radio. Instead, talk to God about the day.
 - When you get home from work, don't turn on the TV. Instead, pray.
 - Put down your smart phone when you are walking. Engage in a prayer-walk.
 - Be silent before God. Reflect on Scripture passages.
 - You may use the internet for work. So, fasting the internet may mean you just choose to do emails, but you don't surf.
3. When fasting, use the time you would eat, or watch TV, or text, etc., to be with God.
 - Be still, listen, be attentive to God.
 - Read Scripture, review the reflection questions in the devotional guide, pray through the church directory.
 - Some have found that while fasting, God directs them to pray specifically for things.
4. If you have any sort of eating disorder, do not fast from food.
 - The pastor of a church with many young women in it once said that if people normally tried to not eat, fasting for them was eating four meals a day.
 - The point in fasting is to be with God, to be sensitive to the things of God.
 - If you have an eating issue, fast something else.
5. Don't decide to fast because you feel like it or don't feel like it.
 - Don't get up and decide you don't feel like it today. Just do it.
 - The point is to be with God.
6. Don't get legalistic about fasting.
 - Do it because you want to hear from God.
 - Don't criticize yourself if you don't seem to accomplish anything but being grouchy or hungry. Remember, fasting will tell you something about yourself so take note and ask, "What does this mean?"
 - Fasting is a discipline and it takes practice.
 - Stick with it and relax have fun and wait expectantly.
7. Expect God to answer and to reveal Himself. He will!