

“...and when you fast...”

Matthew 6:16

Breaking the Fast

How you break the fast is extremely important. Below is a recommendation on how to break your fast. This recommendation is especially important to follow after a longer fast or 7 days or more. Be sure to re-introduce soft, easily digested food slowly into your body, and not over-do it.

Day 1 (post-fast): 2 ozs of a melon-type fruit (like watermelon, papaya, cantaloupe or melon) every two hours from 10 am to 6pm. Choose one fruit for the whole day.

Day 2: 4 ozs of melon every 2.5 hours from 9am to 7pm.

Day 3: If Day 2 went well, 6—8 ozs of melon every 3 hours from 9 to 7.

Days 4—7: Increase quantity by about 2—4 ozs each day, eating 4 times between 9 and 6 (every 3 hours). You can add one meal per day starting day 4 if you feel up to it. Again, the key here is to not over-do it.

Day 8 and beyond: Whole, ripe organic fruits and simple green salads. Nothing dehydrated, very little fat.

The principle is to consume food that is easiest on your digestive system.

The order of food to consume is this:

Fruits -> Vegetables -> Cooked, plant based diet -> Cooked, plant based diet with dairy -> lastly meat-based diet (if you eat meat), with each stage taking an appropriate length of time with respect to your fast.

The majority of the info in this pamphlet was found at:

Luke18Project.com

&

JentezenFranklin.org/join-fastingmovement

Another great website for info on Fasting:

www.shadesofgrace.org

myabundantlife
victory church

54 Dunrobin Avenue, Bible Hill, NS B2N 4M5

Fasting 101

Some information you should know before you fast



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Fasting 101 Q&A and FYI:

Three days before you fast you should start to limit your intake of food to fruit and vegetables. Fruit is a natural cleanser and easy to digest. Stop drinking coffee before the fast. It is best to start a few days out and wean yourself off of caffeine. If you drink 2 cups/day, start drinking 2 half cups of coffee/day. Then half cup once/day, until you can drink none.

Drink lots of water to help your body detoxify. Prepare yourself for mental discomforts such as impatience, crankiness, and anxiety. You will experience physical discomfort that may include dizziness, headaches, and different kinds of pains. These are not signs to stop fasting, instead they are signs your body is healing itself while it works to cleanse itself of impurities.

If you have any existing medical concerns or conditions, please consult your doctor. Although Fasting is generally specific to abstaining from food, if your health condition prohibits you from fasting food, try fasting something else that would be a sacrifice for you and replace that time concentrating on Prayer and Bible Study.

If you are under 18 years of age, discuss your desire to fast with your parents.

1: WHAT CAN I DO TO PREPARE FOR MY FAST?

Before beginning a fast, think it through. Write down a plan so that you do not waiver during the fast. Speak your commitment out loud to the LORD.

You may also want to compile a list of books, articles, studies, preaching, music that you want to surround yourself with during your fast.

2: FASTING AND PRAYING IS TO HUMBLE YOURSELF AND PURIFY YOUR WORSHIP.

Fasting is a private discipline. This does not mean that it must be a secret, but that the details of your fast are between you and God.

Fasting is not meant to be unattainable, so listen to what God is saying to you and decide together what is feasible for you to do to make the effort.

Hear from God and then do what He tells you to do. Do what you can, put it in God's hands, and do your best.

Fasting is not trying to get something from God, but rather us seeking to realign our hearts' affections with His. Lust of any kind is perverted worship, but fasting enables us to cleanse "the TEMPLE" from every other rival. In fasting we can more readily say, "We love you Lord, more than anything in the world."

Matthew 6:6-18 is a good guide.

3: DO THE FAST WITH SOMEONE ELSE.

Two are better than one! We encourage you to find someone as your prayer partner during your fast. This person should be someone that will support you, pray for you, and encourage you during your fast, and vice versa.

People fasting and praying together has a powerful impact!

4: WHAT IF I START AND CAN'T FINISH MY FAST...HAVE I FASTED FOR NOTHING?

Seeking God through prayer and fasting is NEVER a waste of time. Just determine within your heart that you will make an even better effort next time. Or maybe you need to try finishing up with a partial fast.

The enemy of your soul will try to make this a big deal, but know that even if you fasted for just one day, that you still fasted for one day! This is a victory, not a defeat.

5: I ATE SOMETHING; DO I NEED TO START AGAIN?

Look at fasting like a marathon. If you fall down, get up and keep trying. It may be difficult, but you'll make it, and grow doing so.

6: WHAT TYPE OF FAST SHOULD I DO?

There are several types of Fasts. The one you choose, and the length, and the meals/days you establish to fast are between you and God. He will honor your obedience as you do your best.

* **A Daniel Fast:** fruit, vegetables, water. Great for those who work, or are students.

* **Fruit and/or Vegetable Juice Fast:** allows you to enter into fasting but still gives enough energy to function.

* **Water-Only Fast:** no food, drink only water.

We DO NOT encourage a complete fast (abstain from any intake including water).

A few more "FYI's":

TAKE TIME TO PRAY AND READ THE WORD.

This may seem obvious, but busyness and distractions can keep you from devotions. Reading books with testimonies of victories gained through fasting will encourage you too. A very good book about Fasting is Pastor Jentezen Franklin's book "Fasting".

EXPECT TO HEAR GOD'S VOICE

In the Word, dreams, visions and revelations, expect to "have ears that hear".

Daniel prepared himself to receive revelation through fasting (Daniel 10:1-2). Revelation is a reward of fasting (Matthew 6:18).

PREPARE FOR OPPOSITION

On the day of your fast you can bet donuts will be at the office, at work, or in class. Press through.

Many times you may feel more tension build at home. Remember, Satan tempted Jesus on the fast, and we must expect the same.

Discouragement may come in like a flood, but recognize the source and take your stand on the victory of Christ.

REST A LOT

While you are fasting be sure to take time to rest. With no/less "fuel" going into the body you will find you get tired faster.

BREAKTHROUGHS OFTEN COME AFTER A FAST, NOT DURING IT.

Do not listen to the lie that nothing is happening. It is our conviction that EVERY FAST done in faith will be rewarded.