

Beginners Fasting Tips

Below are a few tips for having a successful fasting experience. I would note that you may not feel anything after a fast but that doesn't mean your spirit hasn't grown from the experience. Fasting, like any discipline, takes multiple experiences to help us see the growth.

24 Hour Fast

- a. Drink juices that are not acidic.
- b. Lunch to lunch is a good start but you choose what meal you want to start your fast after and what meal you want to break your fast with.
- c. Go about your day as a normal day. Don't draw attention to yourself.
 - i. Think of work as Worship. What you're doing is a way of honoring God.
 - ii. A good book to help with this idea is Practicing the Presence of God by Brother Lawrence.
- d. Have a few Scriptures ready for you to reflect on throughout the day. If you feel hungry, go through these Scriptures and meditate on them over the hunger.
- e. During regular meals spend time in solitude and song. Praise God as you lean on His all sustaining power.

36 Hour Fast

- a. See above tips
- b. Drink only Water
- c. Remember your stomach is like a "spoiled brat." It thinks it is more hungry than it is. Learn to tell the brat "no."
- d. Work to stay positive throughout the day. Don't complain or focus on the lack of eating.

e. Think as Your Drink. Whenever you have a glass of water reflect on the life-giving sprit of Jesus is gives us a never-ending Spring.

Scriptures for Fasting

Luke 4

Psalm 22

John 4

Psalm 118

John 13-17

Luke 22-23