

FASTING PRECAUTIONS

The first three days you may experience one or all of the following symptoms:

- *Headache*
- *Sore muscles*
- *Feeling weakness*
- *Restless sleep*
- *Hunger*
- *Cranky moods*

By the fourth day you symptoms will change to:

- *Dramatically improved energy*
- *Improved clarity of thought (no headache)*
- *Restful sleep*
- *Energy*
- *No soreness of muscle*

All those who are fasting should understand that fasting will not be effective without the discipline of prayer.

7 BASIC STEPS FOR FASTING

BY DR. BILL BRIGHT

1. Set your objective - Is it for spiritual renewal, for guidance, for healing, for the resolution of problems, for special grace to handle a difficult situation? Ask the Holy Spirit to clarify His leading and objectives for your prayer first will enable you to pray more specifically and strategically.
2. Make your commitment - What kind of fast should you take?
3. Prepare yourself spiritually - The very foundation of fasting and prayer is repentance. Unconfused sin(s) will hinder your progress.
4. Prepare yourself physically -For Example Eat smaller meals first before a long fast, eat fruits and vegetables before a long fast.
5. Put yourself in a schedule and take time to pray.
6. End your fast slowly.
7. Expect an encounter with the Lord.

It is also important to know that in the Bible there are several different kinds of fasts.

- a. **The most common type is to abstain from food...not water for a certain period of time.** This was the kind of fast Jesus did when he wandered in the desert for 40 days and nights.
- b. **Another type of fast is to decide not to eat certain types of foods for a time.** In Daniel 10:3 the prophet said that ...for three weeks he ate no delicacies, no meat, or wine.
- c. **And then, ABSOLUTE fasts involve consuming no food or water.** These fasts are done at times of dire emergency...like the time Queen Esther learned that execution awaited herself and her people and instructed Mordecai saying, Go, gather all the Jews...hold a fast on my behalf, and neither eat nor drink for three days.