



PRACTICAL TIPS FOR FASTING

Week Two

1. Follow Jesus' warning not to make a public spectacle of yourself. Don't look sad and forlorn. And don't tell everyone that you're fasting, or you will lose your reward in heaven.
2. If you have a family and are the one who typically prepares the meals, consider making several meals in advance. Soups, casseroles, lasagna – anything you can freeze or refrigerate in advance so you're not making it harder on yourself during mealtimes.
3. Don't over-indulge yourself before you fast, thinking you need to "fill up the gas tank to full." You'll actually stretch your stomach and feel hungrier for your next meal.
4. If you do a partial fast, be careful to stay away from simple carbs like breads, pastas, crackers, cereals etc. Not only do they lack necessary nutrients, but they metabolize quickly and cause spikes in blood sugar, causing emotional swings and greater hunger cravings.
5. If you're going for a full fast, be prepared that the first day or two will feel hard. You may experience headaches, restless sleep, weakness, and body aches. Your body is going through a detoxing period from certain foods and drinks and the chemicals. If you persevere, you'll find by day 2-1/2 to day 3, you actually feel even better than usual – having greater calm, clarity, and strength.
6. If you do slip up and give in, don't give up! Just confess your weakness and ask the Holy Spirit for his strength and endurance. When I'm struggling with hunger, I often declare, "God, when I am weak, you are strong. Use my weakness to glorify your strength in me."
7. Whether you're doing a full or partial fast, slow down your life during this time. Don't just abstain from food and schedule your routine as usual. Do not do strenuous exercising. Your body will feel weak, and it's meant to. Respect it.
8. I have used Twinings Probiotic tea of peppermint and fennel. It's a great way to calm the acidic activity churning in my stomach.
9. Use the time you'd be eating to retreat to a quiet place to be with GOD. While it's fine to let GOD know your needs, be confident that he already knows. So why not worship Him and then listen to what it is he's been longing to tell you, but you've been too busy or distracted to hear. He loves you and is jealous for this time with you.



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10. Have a journal or workbook on hand to capture your moments of intimacy. Write them out so you can go back and remember, dwell on, and affirm the path GOD is laying out for you. It will be a benchmark and testimony to glorify GOD.

11. Come to your secret place with worship music, singing, and reading psalms. Celebrate the abundance of GOD's blessings in your life. You will feel such a joy and gratitude. And you'll more fully feel and embrace the Father's love for you.

12. While you may undertake fasting to seek specific answers from GOD, he may have something or somewhere else he wants to take you. He already knows your needs and desires. And he wants to honor this time as much as you do. So be open and trust this time in his hands.

13. If you fast for any length of time, you'll notice how "inconvenient" it is to your lifestyle. You'll recognize just how much our society socializes over food. I've had to quietly and politely decline 3 weeks of dinners with friends and family. It was quite an eye-opener for me.

14. You'll also have a new appreciation (or possibly disgust) for just how much you indulge rather than deny your body of its cravings. If you do, thank the Holy Spirit for this revelation in your life and ask for his leading to help you subdue your body.

15. Once you get beyond the initial "hangries" – you know, cranky anger that arises when you're hungry – you should have a deeper sense of peace and calm than usual. You'll feel less hurried and stressed. Small things won't matter as much, and the big things are more quickly turned over to GOD.

16. In the same way, you'll experience a heightened sensitivity to your environment and the needs of others around you. As you tame your self-ego, you'll have more space for the love and concerns of others.

17. Lastly, when you finish your fast, be kind to your body. Don't rush back into old, unhealthy habits. Reintroduce foods slowly, particularly simple carbs, sugar, alcohol, caffeine, and the like.