

## Planning to Fast

Thanks for beginning the biblical practice of prayer and fasting. Fasting as it relates to prayer is the "[spiritual breakthrough tool](#)" Jesus gives us to destroy the strongholds of evil and release His Spirit for a spiritual awakening in our lives, our homes and our church. To be most effective, we should plan our fasting. This can include taking the following steps:

**#1: Determine Your Purpose** - Why are you fasting? For spiritual renewal, guidance, healing? What spiritual breakthrough do you need? Ask God to help you pray specifically (Mark 10:51)

**#2: Decide Your Type of Fast** - How long will you fast? One meal? 1 day? 7 days? 21 days? If you are new to fasting, start slow and build up to longer fasts. What physical or social activities will you restrict? How much time will you devote to prayer and reading God's Word?

**#3: Physical Preparation** - Most healthy people have no problem fasting. If you have a chronic ailment or take prescription medication, consult your doctor. Do not rush into fasting. Prepare by eating smaller meals before you begin. Avoid high fat and high sugar. Eating raw fruit and vegetables for a couple of days before starting will help.

Planning your fast helps in multiple ways. "**What do you want me to do for you?**" - Jesus (Mark 10:51). This is a universal principle and eternal truth: **Prayer and fasting is the key to spiritual breakthrough.**