

Helpful Hints when Fasting

Thanks for making a commitment to begin the biblical practice of prayer and fasting. If you are new to the spiritual discipline of fasting and have chosen to abstain from all solid foods, here are four helpful hints to consider:

#1. Drugs & Medication: Avoid drugs, even natural herbal drugs. Medication should be withdrawn only with your physician's supervision.

#2. Activity & Exercise: Limit your activity. Exercise only moderately by walking 15-30 minutes if it is convenient. Rest when your schedule permits you to do so.

#3. Emotional Sensitivity: Guard yourself against impatience and crankiness. When you fast, your emotional sensitivity will be heightened.

#4. Physical Sensitivity: Expect some physical discomforts, especially on the second day. You may have fleeting hunger pains or feel blah. Withdrawal from caffeine and sugar can sometimes cause headaches. If you feel any hunger pains, increase your liquid intake.

The first two days in any fast are usually the hardest. But as you continue, you will experience an incredible sense of well-being, both physically and spiritually. "**Paul and Barnabas...in each church...with prayer and fasting, committed them [church leaders] to the Lord in whom they had put their trust**" (Acts 14:23). This is a universal principle and eternal truth: **Prayer and fasting is the key to spiritual breakthrough.**