

5 Helpful Tips for When You're Fasting

Are you trying to fast but are struggling to do so? Or perhaps you want to fast but don't know where to begin.

In a livestream on fasting, Vlad Savchuk discussed five practical things to do during a biblical fast.

1. Instead of eating, take the time to dive into the Word of God.

This is perhaps the biggest and most crucial piece of a biblical fast. Taking the time that you normally would spend eating and replacing it with consuming God's Word is vital.

"It is normal to feel, when you read the Word of God in the beginning stage of your fasting, to feel distracted, to feel lack of focus, to feel tired, to feel even nauseous, dizzy," Savchuk says. "You can actually listen to the can still read the Word because you must understand that, as you're pushing through this, your spirit is getting stronger."

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2. Use wisdom and rest up.

"You want to stay hydrated with water and light electrolytes. Avoid dehydration so the hunger pains will subside as you stay hydrated," says Savchuk.

Savchuk also notes that a person going through a fast must be patient as they deal with detox symptoms. He also encourages light activity like prayer walking for engagement without overexerting oneself.

3. Remove distractions around you so you can focus on the Lord's voice.

Savchuk encourages viewers to take the opportunity to remove anything that would hinder them from hearing the voice of God, including excessive entertainment consumption.

"I really think nothing can hurt your fasting more than when you obsessively consume entertainment while you're fasting," Savchuk says. "It distracts you because yes, it can numb you for a second from the hunger pains, but you didn't go into a fast to get numb; you went into a fast to really nurture your relationship with God."

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4. Fast with humility before God, not to be seen by man.

"It's very important that you keep your fasting private unless accountability is needed," says Savchuk. "Fasting with a sincere heart to draw near to God brings a reward. The moment fasting is done for external approval, you forfeit the reward."

The goal of fasting isn't to boast to others what we are doing; instead, it is to seek the Lord's close embrace.

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5. Push through, relying on the grace of the Lord throughout the fast.

The only way any of us can accomplish a fast is to do so with perseverance, keeping our eyes centered on Christ.

"Everything we do is through the grace of God, through the strength of God. While perseverance and pushing through is required, you must come to the end of yourself and say, 'Lord,

I am going to give my best, but I lean on your grace,'" he says.

Fasting is a key biblical discipline. Just as we can learn from Jesus in other areas of life, we can also learn from Him and rely on His grace when it comes to fasting.

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Abby Trivett is content development editor for Charisma Media.