

6 Tips to Follow in the Beginner's Guide to Fasting

Fasting is abstaining from food for spiritual reasons. Fasting helps to overcome the problems of life. It renews our connection to the Holy Spirit. It also helps us to fulfill God's calling in our life.

There are 3 types of fasts:

1. Full Fast. When you drink only liquids (you establish the number of days).
2. Partial Fast. A partial fast is from 6:00 a.m. to 3:00 p.m. or from sun up to sundown.

Daniel Fast. It's when you eat no meat, no sweets and no bread. Drink water and juice. Eat fruits and vegetables.

How to begin a fast:

Start With a Clear Goal

Why are you fasting? Do you need direction, healing or restoration of your marriage or family issues? Are you facing financial difficulties? Ask the Holy Spirit for guidance. Be specific.

Prepare Spiritually

Confess your sins to God. Ask the Holy Spirit to reveal areas of weakness. Forgive all who have offended you, and ask forgiveness from those you may have offended. Surrender your life fully to Jesus Christ, and reject the worldly desires that try to hinder you (see Rom. 12:1-2).

Decide What to Fast

The type of fasting you choose is up to you. You could go on a

full fast in which you only drink liquids, or you may desire to fast like Daniel, who abstained from sweets and meats, and the only liquid he drank was water. Remember to replace that time with prayer and Bible study.

Decide How Long

You may fast as long as you like. Most can easily fast from one to three days, but you may feel the grace to go longer, even as much as 21 to 40 days. Use wisdom and pray for guidance. Beginners are advised to start slowly.

What to Expect

When you fast, your body detoxifies and eliminates toxins from your system. This can cause mild discomfort such as headaches and irritability during withdrawal from caffeine and sugars. And naturally, you will have hunger pains. Limit your activity and exercise moderately. Take time to rest. Fasting brings about miraculous results. You are following Jesus' example when you fast. Spend time listening to praise and worship. Pray as often as you can throughout the day. Get away from the normal distractions as much as possible, and keep your heart and mindset on seeking God's face.

How to End

Don't overeat when the time comes to end your fast. Begin eating solid food gradually; eat small portions or snacks.

Listen to this episode of *Raised to Deliver* on the Charisma Podcast Network, and happy fasting! {eoa}

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