



# Steps To A Fulfilling Fast

How you begin and conduct your fast will largely determine your success. By following these seven basic steps to fasting, you will make your time with the Lord more meaningful and spiritually rewarding.

## STEP 1: Set Your Objective

Why are you fasting? Is it for spiritual renewal, for guidance, for healing, for the resolution of problems, for special grace to handle a difficult situation? Ask the Holy Spirit to clarify His leading and objectives for your prayer fast. This will enable you to pray more specifically and strategically.

*Through fasting and prayer we humble ourselves before God so the Holy Spirit will stir our souls*, awaken our churches, and heal our land according to 2 Chronicles 7:14. Make this a priority in your fasting.

## STEP 2: Make Your Commitment

Pray about the kind of fast you should undertake. Jesus implied that all of His followers should fast ([Matthew 6:16-18](#); [9:14,15](#)) For Him it was a matter of *when* believers would fast, not *if* they would do it. Before you fast, decide the following up front:

- How long you will fast - one meal, one day, a week, several weeks, forty days (Beginners should start slowly, building up to longer fasts.)
- The type of fast God wants you to undertake (such as water only, or water and juices; what kinds of juices you will drink and how often)
- What physical or social activities you will restrict
- How much time each day you will devote to prayer and God's Word in place of the food or things you are putting away.

Making these commitments ahead of time will help you sustain your fast when physical temptations and life's pressures tempt you to abandon it.

## STEP 3: Prepare Yourself Spiritually

The very foundation of fasting and prayer is repentance. Unconfused sin will hinder your prayers. Here are several things you can do to prepare your heart:

- Ask God to help you make a comprehensive list of your sins.
- Confess every sin that the Holy Spirit calls to your remembrance and accept God's forgiveness ([1 John 1:9](#)).
- Seek forgiveness from all whom you have offended, and forgive all who have hurt you ([Mark 11:25](#); [Luke 11:4](#); [17:3,4](#)).
- Make restitution as the Holy Spirit leads you.
- Ask God to fill you with His Holy Spirit according to His *command* in Ephesians 5:18 and His *promise* in [1 John 5:14,15](#).
- Surrender your life fully to Jesus Christ as your Lord and Master; refuse to obey your worldly nature ([Romans 12:1,2](#)).
- Meditate on the attributes of God, His love, sovereignty, power, wisdom, faithfulness, grace, compassion, and others ([Psalm 48:9,10](#); [103:1-8](#), [11-13](#)).
- Begin your time of fasting and prayer with an expectant heart ([Hebrews 11:6](#)).
- Do not underestimate spiritual opposition. Satan sometimes I intensifies the natural battle between body and spirit ([Galatians 5:16,17](#)).

**Here is a suggested schedule for reintroducing food after a complete fast:**  
Short Term (1-5 days) Strategy for fasting...

## 40 DAYS OF FASTING *For Spiritual Awakening*

- DAY 1: liquids every couple of hours in small amounts; fruit juices are great. Eat a couple of unsalted crackers if you are tempted to break your fast; due to upset stomach, headache or loss of energy.
- **DAY 2: eat small quantities of fruit, crackers,**
- DAYS 2 and 3: (the longer you fast, the more time you should allow before introducing these foods)
- In small quantities: salads, homemade vegetable soup without grease, cooked vegetables
- After a few days: cheese, nuts, eggs
- Lastly: fish and meats
- DO NOT Try to fast more days than you have conditioned your flesh to complete a fast.
- We are not saying fast for 40 Days, but over the next 40 days fast as often as you can to become SPIRITUALLY STRENGTHENED...