

## **Guidelines for Fasting**

1. We don't fast in order to twist God's arm but as an act of worship and surrender to the Lordship of Christ
2. Decide on the day or days you want to fast.
3. Decide on the type of fast. Total (water only), partial, liquids only, one meal a day, fruit & vegetables only etc. You may want to lay aside your favourite TV programme or social media for a while.
4. Stop drinking coffee, tea and fizzy drinks (caffeine) at least 3 days before.
5. Plan to spend your meal times or other time created in effective prayer and meditation.
6. Drink lots of water/juices and be sure to stay hydrated.
7. If you plan to fast more than three days seek counsel from someone experienced in fasting.
8. Enjoy the spiritual refreshment and authority that comes with fasting and focussed time with God and in the Word
9. Don't be legalistic and hung up on rules. Enjoy God!
10. Consider donating your savings on meals to a charitable cause.