

## GENERAL PRAYER AND FASTING INFORMATION

### *Biblical truths regarding fasting and prayer:*

- Throughout scripture, fasting refers to abstaining from food in order to concentrate on God to a greater degree. (Dan. 9:3; Zech. 7:5; Acts 13:2)
- Fasting is a way of humbling the soul before the Lord. (Ps. 35:13)
- In the New Testament fasting is an expected practice, yet is to be done willingly. (Mat. 6:16-18)
- Prayer and fasting is an aspect of bringing release to the captives. (Is. 58:6)
- During times of prayer and fasting, greater wisdom and revelation may come. (Dan. 9:3 & 21-22)
- Churches had times of corporate fasting. (Acts 13:2; 14:23)

### *Practical guidelines for fasting:*

- Don't try to "stock-up" by eating a lot before a fast. It will not help.
- Do drink plenty of water while on your fast.
- Those who have health problems such as diabetes or who are pregnant should not do a complete fast from food. (You might consider "fasting" from TV or some other activity in order to have more time for prayer)
- If your job is physically strenuous, you might consider a "partial fast," by cutting out one or two meals each day or eating a very simple diet.
- Time often seems to slow down while fasting. Make the most of this by using the "extra time" to draw close to the Lord.
- When breaking your fast, take care not to overeat. Fruits and vegetables are great for breaking a fast.

### *Things you may experience during a fast:*

- Since your body is in the habit of being fed regularly, you may experience some hunger pains. This is just your body kicking up a fuss.
- The body tends to expel toxins during a time of fasting. So you may experience a coating on your tongue, bad breathe, and headaches. Be grateful that you're getting rid of the bad stuff.
- You will probably experience physical weakness and some dizziness. Get extra rest and move more slowly. Some exercise such as walking can also help.

### *Different types of fasts:*

- Full fast: fasting all food and drink (except for water) every meal, every day of the fast
- Partial fast
- Fasting an activity (i.e. TV, social media, etc.)
- Fasting certain foods (i.e. only eating vegetables or liquid(s))
- Fasting certain meals/days