

## **Some Helpful tips and links to Fasting guides**

Helpful tips obtained from “Practical Guide to Prayer and Fasting” document, church in South Africa.

### **Helpful tips**

#### **Preparing to fast**

1. Decide in advance what your fasting plan will look like and stick to it! Tailor the fast to your current situation - it doesn't necessarily have to be fasting from food!
2. Prepare yourself spiritually. A repentant heart is the foundation of prayer and fasting - be open to change and transformation
3. Prepare yourself physically. If you are doing a food-type fast, gradually prepare your body at least 3 days leading up to the start of the fast.
4. Plan your calendar. Limit intense physical activity during the fast and intentionally plan time for rest and prayer.

#### **During the fast**

1. Seek the Lord. Commit to prayer and reading the Word during times usually allocated for meals, or when hunger pangs come. Apply as relevant to your situation if you are not following a food fast.
2. Be open to God's voice. If God puts His finger on something during the fast, immediately address it. Don't leave it for another time.
3. Take notes of what God is saying. Write down what God is saying to you. It's always good to have reminders in the future of things that God has revealed and may perhaps want to keep revealing to you after the fast is over.
4. Practical tips: limit intense physical activity and exercise, rest as much as you can, maintain an attitude of prayer throughout the day, drink plenty of water. If doing a food-type fast, be prepared for periods of physical weakness, which may also include some irritability, impatience and anxiety.

#### **Breaking the fast**

1. Reintroduce food gradually.
2. Continue praying and be expectant. Just because the fast is over doesn't mean that God has stopped moving! Use what you have learned and what God has revealed to you during this time of fasting and build on the momentum you have gained.

## **Links to types of fasts**

### **Food-related fasting**

- Full fast: liquids only
  - This link has suggestions for preparing for a liquids only fast (only recommended to do this fast if you have fasted for longer periods of time before!)  
<https://www.cru.org/us/en/train-and-grow/spiritual-growth/fasting/how-to-do-a-biblical-fast.html>
- Partial fast: selected period of day where fast from food and drink only liquids, e.g. 9am-3pm (see cupstocrowns link below for some suggestions too)
- Daniel Fast:
  - This link has some helpful food guidelines and recipes  
<https://ultimatedanielfast.com/ultimate-daniel-fast-food-guidelines/>

### **Links with a mixture of suggestions:**

- Alternative Fasting Methods for those with Chronic Illnesses, food-related and non-food related options  
<https://cupstocrowns.com/alternative-fasting-methods-with-chronic-illness/>
- Helpful tips for Ladies and Moms who want to fast (also has some great tips for everyone on what to do during the fast-- pray!!!):  
<https://www.reviveourhearts.com/true-woman/blog/a-modern-womans-guide-to-fasting/>
-