



BEFORE WE **PRAY AND FAST**

LET'S PREPARE FOR THIS WONDERFUL
OPPORTUNITY TO HEAR FROM AND
COMMUNE WITH GOD INDIVIDUALLY
AND AS HIS CHURCH.

INTERCEDE



WHY **SHOULD WE FAST?**

God expects us to fast.

Jesus fasted.

The early church fasted.

Fasting demonstrates
humility before God.

**Fasting makes us
sensitive to the leading
of the Holy Spirit.**

**Fasting brings about personal
and national spiritual revival.**

Fasting is good for our health.



TYPES OF FAST



NORMAL

a person goes without food for a predetermined amount of time; water is allowed and necessary

PARTIAL

a person only eats certain kinds of food for a period of time or have just one to two meals a day





JUICE

a partial fast specifically
restricted only to juices

OBJECT

fasting from watching television,
using social media, or using the computer
outside of work or school



STARTING **YOUR FAST**

- It is important to start and end your fast gradually.
- Start cutting down on your food intake, especially those with caffeine (coffee, tea, soft drinks) days before you fast.
- More importantly, pray in advance for God to sustain you physically, mentally, and spiritually during your fast.



■ *ENDING* **YOUR FAST**

For the first few meals after your fast, do not immediately go back to your normal food intake. Taking soft food in moderate amounts is best to allow your body to adjust and get back to its normal digestion.

TAKE NOTE

While there are benefits in fasting, some should not fast without professional medical supervision. If you are:

PHYSICALLY TOO THIN

PRONE TO EATING DISORDERS

SUFFERING FROM
WEAKNESS OR ANEMIA

DIAGNOSED WITH AILMENTS THAT
REQUIRE CONTINUOUS NUTRITION

PREGNANT OR NURSING

TAKING PRESCRIPTION MEDICATION

Consult your doctor before you begin your fast.