**FUDAMENTALS OF FASTING**

**Dr. Bill Bright**

**How desperate am I for God?**

[Fasting](https://www.cru.org/us/en/train-and-grow/spiritual-growth/fasting/biblical-fasting.html) is one of the most powerful spiritual disciplines of all the Christian disciplines. It is a way to align our hearts with the psalmist: “My soul thirsts for God, the living God” (Psalm 42:2). “It’s a means of God’s grace to strengthen and sharpen our Godward affections,” writes David Mathis in his book, “[Habits of Grace](https://www.desiringgod.org/articles/sharpen-your-affections-with-fasting).”

Through fasting and prayer, the Holy Spirit can transform your life.

**According to Scripture, personal experience and observation**, fasting and prayer can also effect change on a much grander scale. I am convinced that when God’s people fast with a proper biblical motive — seeking God’s face, not His hand — with a broken, repentant and contrite spirit, God will hear from heaven. He will heal our lives, our churches, our communities, our nation and our world. Fasting and prayer can bring about a change in the direction of our nation, the nations of the earth and the fulfillment of the Great Commission. This is a powerful motivation in today’s unsettled world.

For those who desire both inward and outward impact, humbling yourself before God through fasting is a good place to start. His power can be released in and through you by the enabling of the Holy Spirit.

Fasting is one of the most neglected spiritual practices. When I first undertook an extended fast, I had a difficult time finding information on the nature of a biblical fast, how to start, what to expect physically and spiritually, and how to end a fast.

These pages are designed to answer your practical questions about fasting and ease any concerns you might have. In this series, you will learn:

* Why you should fast and how to do it safely.
* What length and type of fast are right for you.
* How to prepare yourself spiritually and physically.
* How to manage your schedule while fasting.
* How to deal with the responses of friends and loved ones.
* How to make your spiritual experience the best it can be.

**WHY SHOULD WE FAST**

Fasting is one of the Spirit’s tools for strengthening and transforming grace in our lives. This spiritual practice is a gift from God meant to grow us and draw us into a deepening relationship with Him. If you do not already know this power and the importance of fasting, here are some insights drawn from God’s Word and personal experience to get you started:

* Fasting was an expected practice in both the Old and New Testament eras. For example, Moses fasted for at least two recorded 40-day periods. Jesus fasted 40 days and reminded His followers to fast. He said, “When you fast,” not, “If you fast” (Matthew 6:16).
* Fasting and prayer can restore the loss of your “first love” for the Lord (Revelation 2:4) and result in a more intimate relationship with Christ.
* Fasting is a biblical way to truly humble yourself in the sight of God (Ezra 8:21). King David said, “I ... humbled myself with fasting” (Psalm 35:13, New International Version).
* Fasting enables the Holy Spirit to reveal your true spiritual condition, resulting in brokenness, repentance and a transformed life.
* Through fasting, the Holy Spirit will imprint God’s Word deeper on your heart, and His truth will become more meaningful to you.
* Fasting can transform your prayer life into a richer and more personal experience.
* Fasting can result in a dynamic personal revival and make you a channel of life change to others.

If you fast, you will find yourself being humbled as I did. You will discover more time to pray and seek God’s face. And as He leads you to recognize and repent of unconfessed sin, you will experience God’s grace to grow and mature you.

**HOW TO FAST SAFELY**

As you begin your fast, you may hear from concerned loved ones and friends who urge you to protect your health. And they are right — you should protect your health. But I assure you, if done properly, fasting will prove to be not only a spiritual blessing but a physical blessing as well.

By all means, consult your doctor before you begin your fast. But be aware that many doctors have not been trained in this area, so their understanding may be limited. Even so, it would be wise to ask your doctor for a physical exam to make sure you are in good health. You may have a physical problem that would make fasting unwise or dangerous. Also, if you are taking any type of medication, make sure to talk to your doctor before changing your regimen. Prudence and caution are in order.

When you are assured that you are in good health, you are ready to begin your fast. Follow the guidelines in the pages on [physical preparations](https://www.cru.org/us/en/train-and-grow/spiritual-growth/fasting/personal-guide-to-fasting.5.html) and [maintaining nutritional balance and health](https://www.cru.org/us/en/train-and-grow/spiritual-growth/fasting/personal-guide-to-fasting.9.html).

In spite of the safety and benefits of fasting, there are certain people who should never fast without professional supervision. For example:

* People who are physically underweight.
* People who are prone to anorexia, bulimia or other behavioral disorders.
* People who suffer from weakness or anemia.
* People who have tumors, bleeding ulcers, cancer, blood diseases or heart disease.
* People who suffer from chronic problems with the kidneys, liver, lungs, heart or other vital organs.
* People who take insulin for diabetes or suffer any other blood sugar problem, such as hyperglycemia.
* Women who are pregnant or nursing.

**WHAT LENGTH AND TYPE OF FAST IS RIGHT FOR YOU**

If you have never fasted before, I am so glad that you are seeking to learn more about it. Though it is seemingly countercultural today, this discipline has been a major emphasis in the lives of many of the great spiritual leaders throughout history.

John Wesley, the founder of the Methodist denomination, fasted every Wednesday and Friday and required all of his clergy to do the same. Effective ministers of God from the apostle Paul to Martin Luther to John Calvin made fasting a continual part of their walks with God. And there are numerous Christian leaders today, such as Tim Keller and John Piper, who relish and teach of a deepening hunger for God through fasting.

Though convinced of its great value, none of these men had a formula for fasting that they considered to be the only right way. Fasting is about the condition of the heart, not the number of days. Each time that I have fasted for forty days, it was because I felt impressed by God to do so.

So, start slowly. Fast for one meal a day or one day a week or one week a month. Build up your spiritual muscles so that you will be prepared in a period of several months to fast for an extended 40-day period.

**Types of Fasts Described in the Bible**

A partial fast is described in the book of Daniel. Although the water fast seemed to be the custom of the prophet, there was a three-week period in which he only abstained from “delicacies” — meat and wine (Daniel 10:3).

The two primary types of fast mentioned in the Bible are the “absolute” and “supernatural absolute” fasts. These are total fasts — no food (solid or liquid) and no water. Paul went on an absolute fast for three days following his encounter with Jesus on the road to Damascus (Acts 9:9). Moses and Elijah engaged in what must be considered a supernatural absolute fast of forty days (Deuteronomy 9:9; 1 Kings 19:8).

I strongly advise you to drink plenty of liquids as you fast. Obviously, if God leads you to undertake an absolute fast, you should obey. If so, be certain, to the best of your ability, that God is leading you.

[Editor’s note: If you are new to fasting, never undertake an absolute fast before consulting both a spiritual mentor and a medical professional. If you have questions about what it means for God to lead you, see “[How to Do a Biblical Fast](https://www.cru.org/us/en/train-and-grow/spiritual-growth/fasting/biblical-fasting.html).”]

Water-only fasts that last for more than several days need to be undertaken with complete rest and under medical supervision because of the extreme danger of over-toxification, breakdown of vital body tissues and loss of electrolytes.

I personally practice and recommend water and juice fasting, especially if you are going to fast for an extended period of time. This type of fast will provide you with more energy than absolute or water-only fasts and still lead you into the humbling experience of denying your desire for solid food that you can chew.

When it comes to making your final decision about what type of fast is right for you, the best advice I can give you is to follow the leading of the Holy Spirit. He will guide your heart and mind as to what is best for you. Remember, the most important consideration in fasting is your motive. Why are you fasting — to seek something personally from God’s hand or to seek His face in worship, praise and thanksgiving?

**Spiritual Preparation**

In preparation for this special time with God, I urge you to examine your heart through prayer and ask the Holy Spirit to reveal any unconfessed sin. Scripture records that God always requires His people to repent of their sins before He will hear their prayers. King David said:

**Come and listen, all you who fear God,  
and I will tell you what He did for me.  
For I cried out to Him for help,  
praising Him as I spoke.  
If I had not confessed the sin in my heart,  
the Lord would not have listened.  
But God did listen!  
He paid attention to my prayer.  
Praise God, who did not ignore my prayer  
or withdraw His unfailing love from me. (Psalm 66:16-20, New Living Translation)**

In your prayers, do not only confess the obvious sins that come to mind, but allow yourself to linger in His presence, giving Him time to show you the less obvious ones as well. You may want to ask God if you are experiencing any of these signs of leaving your first love: worldly-mindedness, self-centeredness, spiritual indifference, unwillingness to share your faith in Christ with others, not spending sufficient time in God’s Word and in prayer, or a poor relationship with your spouse, your children, your friends, or other members of your church community.

Another great way to prepare for your fast is to practice what I call “spiritual breathing.” The concept is simple, but it has changed my own life and that of countless others.

Like physical breathing, spiritual breathing is a process of exhaling the impure and inhaling the pure. If you knowingly sin, breathe spiritually to restore the fullness of God’s Holy Spirit in your life. You exhale by confessing your sins when you become aware of them, and you inhale by inviting the Holy Spirit to retake control of your life. As an act of faith, trust Him to empower you. During the fast, spiritual breathing — constant reliance on the Holy Spirit — will enable you to resist temptation not only to sin but also to abandon your fast.

**Physical Preparation**

Although fasting is primarily a spiritual discipline, it begins in the physical realm. You should not fast without specific physical preparation.

If you plan on fasting for several days, you will find it helpful to begin by eating smaller meals before you abstain altogether. Resist the urge to have that “last big feast” before the fast. Cutting down on your meals a few days before you begin the fast will signal to your mind, stomach and appetite that less food is acceptable.

Some health professionals suggest eating only raw foods for two days before starting a fast. I also recommend weaning yourself off caffeine and sugar products to ease your initial hunger or discomfort at the early stages of your fast.

**HOW TO FINISG A FAST IN A HEALTHY WAY**

All the experts agree that breaking the fast is the critical phase of fasting.

While your body is in the resting mode, your stomach shrinks and your intestines become idle. So, solid food must be reintroduced very slowly to avoid digestive distress or kidney failure. In fact, after a 40-day fast, you should make a careful transition for at least three days before returning to eating meats, fats or normal foods.

Further, if you end your fast gradually, the beneficial physical and spiritual effects will linger for days. But if you rush into solid foods, you may lose much of your deep sense of peace and experience physical problems such as diarrhea, sickness and fainting. Frankly, even death is possible in some cases due to shock.

Dr. Paul Bragg and his daughter, Patricia, have conducted fasting clinics for many years. Their book, “The Miracle of Fasting,” gives a specific daily food plan for breaking a seven-day fast that could be adapted and stretched out over several more days for a 40-day fast.

## Breaking a 7-Day Fast

### 5 p.m. as you end your 7th day of the fast

Peel four or five medium-sized tomatoes. Cut them up, bring them to a boil and then turn off the heat. When they are cool enough to eat, have as many as you desire.

### Morning of the 8th day

* Have a salad of grated carrots and grated cabbage, with half an orange squeezed over it.
* Have a bowl of steamed greens (spinach, Swiss chard or mustard greens) and peeled tomatoes. Bring the greens to a boil, then turn off the heat.
* You may eat two slices of 100% whole-wheat bread that has been toasted until it is thoroughly dry — this is called “Melba toast.” After it has been cooled, the toast should be so dry that it would powder if you squeezed it in the palm of your hand. This first food should be in the morning.

### During the 8th day

* Continue to drink lots of water.
* For dinner, have a salad of grated carrots, chopped celery and cabbage with orange juice for dressing. This salad will be followed by two cooked vegetables: one should be something like spinach, kale, chard or mustard greens and the other something like string beans, carrots, steamed celery, okra or squash. You may have two pieces of whole-grain Melba toast. These meals are not to contain oils of any kind.

### Morning of the 9th day

Have a dish of any kind of fresh fruit, such as banana, pineapple, orange, sliced grapefruit or sliced apples. You may sprinkle this with two tablespoons of raw wheat germ and sweeten it with honey, but not more than one tablespoon.

### Noon of the 9th day

At noon, have a salad of grated carrots, cabbage and celery with one cooked vegetable and one slice of Melba toast.

### Evening of the 9th day

At dinner, have a salad dish of lettuce, watercress, parsley and tomatoes and two cooked vegetables.

Most experts agree that breaking a fast with vegetables, either steamed or raw, is best. Your stomach is smaller now, so eat lightly. Stop before you feel full. Stay away from starches like pastas, potatoes, rice or bread (except for Melba toast) for at least a week. Also avoid meats, dairy products and any fats or oils for a week or more. Introduce them very slowly and in small amounts.

Extended fasts are not the only fasts that need to be ended with caution. Even a three-day fast requires reasonable precautions. It is wise to start with a little soup — something thin and nourishing such as vegetable broth made from onion, celery, potatoes and carrots — and fresh fruits such as watermelon and cantaloupe.

In terms of resuming any sort of exercise routine, the advice is the same. Start out slowly, allowing time for your body to readjust to its usual regime.

**HOW TO EXPERIENCE GOD’S BEST DURING YOUR FAST**

Experiencing God’s best from a fast requires solid commitment. Arranging special time each day with God is crucial in attaining intimate communion with the Father. You must devote yourself to seeking God’s face, even (and especially) during those times in which you feel weak, vulnerable or irritable.

Read His Word and pray during what were mealtimes. Meditate on Him when you awake in the night. Sing praises to Him whenever you please. Focus on your Heavenly Father and make every act one of praise and worship. God will enable you to experience His command to “pray without ceasing” as you seek His presence.

As you enter this time of heightened spiritual devotion, be aware that Satan will do everything he can to pull you away from your prayer and Bible reading time. When you feel the enemy trying to discourage you, immediately go to God in prayer and ask Him to strengthen your resolve in the face of difficulties and temptations.

The enemy makes you a target because he knows that fasting is a powerful Christian discipline and that God may have something very special to show you as you wait upon Him and seek His face. Satan does not want you to grow in your faith; he will do anything from making you hungry and grumpy to bringing up trouble in your family or at work to stop you. Make prayer your protective shield against such attacks.

My major reason for fasting is for personal revival, revival for our nation and the world, and for the fulfillment of the Great Commission. But praying for our own needs and interceding for others are also important reasons to fast and pray. Bring your personal needs before the Lord, and intercede for your loved ones and your friends. Pray also for your church, your pastor and your community. By your prayers, as you fast with humility, you will help the Great Commission be fulfilled (1 John 5:14-15).

However, do not become so caught up in praying for yourself and others that you forget about simply reverencing and praising God. True spiritual fasting focuses on God. Center your total being on Him: your attitudes and actions, your motives, desires and words. This posture can only happen if God and the Holy Spirit are at the center of our attention. Confess your sins as the Holy Spirit brings them to mind, and continue to focus on God and God alone so that your prayers may be powerful and effective.

A renewed closeness with God and a greater sensitivity to spiritual things are usually the result of a fast. Do not be disappointed if you do not have a “mountaintop experience” as some do. Many people who have completed extended fasts tell of feeling a nearness to God that they have never before known, but some who have honestly sought His face report no particular outward results at all. For others, their fast was physically, emotionally and spiritually grueling, but they knew they had been called by God to fast. Even so, they completed the fast unto Him as an act of worship, and God honored that commitment.

Your motive in fasting must be to glorify God, not to have an emotional experience and not to attain personal happiness. When your motives are right, God will honor your seeking heart and bless your time with Him.

**SEVEN STEPS TO FASTING**

I believe the power of [fasting](https://www.cru.org/us/en/train-and-grow/spiritual-growth/fasting/biblical-fasting.html) as it relates to prayer is the spiritual atomic bomb that our Lord has given us to destroy the strongholds of evil and usher in a great revival and spiritual harvest around the world.

Increasingly I have been gripped with a growing sense of urgency to call upon God to send revival to our beloved country. In the spring and summer of 1994, I had a growing conviction that God wanted me to fast and pray for forty days for revival in the United States and for the fulfillment of the Great Commission in obedience to our Lord's command.

At first I questioned, “Is this truly God’s call for me?” Forty days was a long time to go without solid food. But with each passing day, His call grew stronger and more clear. Finally, I was convinced. God was calling me to fast, and He would not make such a call without a specific reason or purpose. With this conviction, I entered my fast with excitement and expectancy mounting in my heart, praying, “Lord, what do you want me to do?”

I believe such a long fast was a sovereign call of God because of the magnitude of the sins of the United States and of the church. The Lord impressed that upon my heart, as well as the urgent need to help accelerate the fulfillment of the Great Commission in this generation.

As I began my fast, I was not sure I could continue for forty days. But my confidence was in the Lord to help me. Each day His presence encouraged me to continue. The longer I fasted, the more I sensed the presence of the Lord. The Holy Spirit refreshed my soul and spirit, and I experienced the joy of the Lord as seldom before. Biblical truths leaped at me from the pages of God’s Word. My faith soared as I humbled myself and cried out to God and rejoiced in His presence.

This proved to be the most important forty days of my life. As I waited upon the Lord, the Holy Spirit gave me the assurance that the United States and much of the world will, before the end of the year 2000, experience a great spiritual awakening. This divine visit from heaven will kindle the greatest spiritual harvest in the history of the church. But before God comes in revival power, the Holy Spirit will call millions of God’s people to repent, fast and pray in the spirit of 2 Chronicles 7:14 (New International Version):

### If My people, who are called by My name, will humble themselves and pray and seek My face and turn from their wicked ways, then I will hear from heaven, and I will forgive their sin and will heal their land.

The scope of this revival depends on how believers in the United States and the rest of the world respond to this call. I have spent 50 years studying God’s Word and listening to His voice, and His message could not have been more clear.

This handy reference guide, “7 Basic Steps to Successful Fasting and Prayer,” will help make your time with the Lord more spiritually rewarding. I encourage you to keep it with you during your fast and refer to it often because it gives easy-to-follow suggestions on how to begin your fast, what to do while you fast and how to end your fast properly.

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 an Objective for Your Fast**

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 what He wants you to take away from this time. 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: Commit to Your Fast**

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, not if, believers would fast. Before you fast, decide the following:

* How long you will fast — one meal, one day, a week, several weeks, forty days? (Start slowly and build up to longer fasts.)
* The type of fast God wants you to undertake, such as water only or water and juices, as well as 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.

Making these commitments ahead of time, write them down and share them with someone you trust. This helps you sustain your fast when physical temptations and life’s pressures tempt you to abandon it.

**Step 3: Prepare Yourself Spiritually**

The foundation of fasting and prayer is repentance. Unconfessed 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 reminds you of and accept God’s forgiveness (1 John 1:9).
* Seek forgiveness from anyone you have offended and forgive anyone who has hurt you (Mark 11:25; Luke 11:4; 17:3-4).
* Make amends with people 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 and 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 other qualities (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 intensifies the natural battle between body and spirit (Galatians 5:16-17).

**Step 4: Prepare Yourself Physically**

Fasting requires reasonable precautions. Consult your physician first, especially if you take prescription medication or have a chronic ailment. Some people should never fast without professional supervision.

Physical preparation makes the drastic change in your eating routine a little easier so you can turn your full attention to the Lord in prayer. Remember the following:

* Do not rush into your fast.
* Prepare your body. Eat smaller meals before starting a fast. Avoid high-fat and sugary foods.
* Eat raw fruits and vegetables for two days before starting a fast.

**Step 5: Put Yourself On A Schedule**

Your time of fasting and prayer has come. You are abstaining from all solid foods and have begun to seek the Lord. Here are some helpful suggestions to consider:

* Limit your physical activity.
* Exercise only moderately. Walk one to three miles each day if convenient and comfortable.
* Prepare yourself for temporary mental discomforts, such as impatience, crankiness and anxiety.
* Expect some physical discomforts, especially on the second day. You may have fleeting hunger pains or dizziness. Withdrawal from caffeine and sugar may cause headaches. Physical annoyances may also include weakness, tiredness or sleeplessness.

The first two or three days are usually the hardest. As you continue fasting, you are likely to experience a sense of well-being both physically and spiritually. However, should you feel hunger pains, increase your liquid intake.

## A Sample Schedule

For maximum spiritual benefit, set aside ample time to be alone with the Lord. Listen for His leading. The more time you spend with Him, the more meaningful your fast will be.

### Morning

* Begin your day in praise and worship.
* Read and meditate on God’s Word, preferably on your knees.
* Invite the Holy Spirit to work in you to will and to do His good pleasure according to Philippians 2:13.
* Invite God to use you. Ask Him to show you how to influence your world, your family, your church, your community, your country and beyond.
* Pray for His vision for your life and empowerment to do His will.

### Noon

* Return to prayer and God’s Word.
* Take a short prayer walk.
* Spend time in intercessory prayer for leaders in your community and nation, for the world’s unreached millions, for your family or for special needs.

### Evening

* Get alone for an unhurried time of “seeking His face.”
* If others are fasting with you, meet together for prayer.
* Avoid television or any other distraction that may dampen your spiritual focus.

When possible, begin and end each day on your knees with a brief time of praise and thanksgiving to God. A dietary routine is vital as well. Dr. Julio C. Ruibal — a nutritionist, pastor and specialist in fasting and prayer — suggests a daily schedule and list of juices you may find useful and satisfying. Modify this schedule and the drinks you take to suit your circumstances and tastes.

### 5 a.m. - 8 a.m.

Fruit juices, preferably freshly squeezed or blended and diluted in 50% distilled water if the fruit is acid. Apple, pear, grapefruit, papaya, watermelon or other fruit juices are generally preferred. If you cannot do your own juicing, buy juices without sugar or additives.

### 10:30 a.m. - 12 p.m.

Fresh vegetable juice made from lettuce, celery and carrots in three equal parts.

### 2:30 p.m. - 4 p.m.

Herb tea with a drop of honey. Avoid black tea or any tea with caffeine.

### 6 p.m. - 8:30 p.m.

Broth made from boiling potatoes, celery and carrots with no salt. After boiling about half an hour, pour the water into a container and drink it.

## Tips on Juice Fasting

Drinking fruit juice will decrease your hunger pains and give you some natural sugar energy. The taste and lift will motivate and strengthen you to continue.

The best juices are made from fresh watermelon, lemons, grapes, apples, cabbage, beets, carrots, celery or leafy green vegetables. In cold weather, you may enjoy a warm vegetable broth.

Mix acidic juices (orange and tomato) with water for your stomach’s sake.

Avoid caffeinated drinks. And avoid chewing gum or mints, even if your breath is bad. They stimulate digestive action in your stomach.

**Step 6: Break Your Fast Gradually**

When your designated time for fasting is finished, you will begin to eat again. But how you break your fast is extremely important for your physical and spiritual well-being.

Begin eating gradually. Do not eat solid foods immediately after your fast. Suddenly reintroducing solid food to your stomach and digestive tract will likely have negative, even dangerous, consequences. Try several smaller meals or snacks each day. If you end your fast gradually, the beneficial physical and spiritual effects will result in continued good health.

Here are some suggestions to help you end your fast properly:

* Break an extended water fast with fruit such as watermelon.
* While continuing to drink fruit or vegetable juices, add the following:  
  + **First day:** Add a raw salad.
  + **Second day:** Add baked or boiled potato, no butter or seasoning.
  + **Third day:**Add a steamed vegetable.
  + **Thereafter:**Begin to reintroduce your normal diet.
* Gradually return to regular eating with several small snacks during the first few days. Start with a little soup and fresh fruit such as watermelon and cantaloupe. Advance to a few tablespoons of solid foods such as raw fruits and vegetables or a raw salad and baked potato.

**Step 7: Expect Results From Your Fast**

Fasting is about sincerely humbling yourself before the Lord. It provides time to repent, pray, seek God’s face and meditate on His Word. As you do this, you will experience a heightened awareness of His presence (John 14:21).

The Lord will give you fresh spiritual insights. Your confidence and faith in God will be strengthened. You will feel mentally, spiritually and physically refreshed. You will see answers to your prayers.

A single fast, however, is not a spiritual cure-all. Just as we need fresh infillings of the Holy Spirit daily, we also need new times of fasting before God. A 24-hour fast each week has been greatly rewarding to many Christians.

It takes time to build your spiritual fasting muscles. If you fail to make it through your first fast, do not be discouraged. You may have tried to fast too long the first time out, or your may need to strengthen your understanding and resolve. As soon as possible, undertake another fast until you do succeed. God will honor you for your faithfulness.