

7 Basic Steps to Successful Fasting & Prayer

The following is a summary of fasting information published by Campus Crusade for Christ Ministries. Please see further details that can be found at www.billbright.com. Please consult your physician before taking part in any fast.

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 your objective

Why are you fasting? What elements of the praise and worship has the Lord laid on your heart?
Ask the Holy Spirit to clarify His leading for your prayer fast?

Step 2: Make your commitment

Pray about the type of fast you should undertake.

- How long will you fast – One meal? One day?
- The type of fast God wants you to undertake – Water only? Water and juices? What type of juices and how often?
- What physical or social activities will you restrict?
- How much time each day will you devote to prayer and God's Word?

Step 3: Prepare yourself spiritually

The very foundation of fasting and prayer is repentance. Unconfessed sin will hinder your prayers. Prepare your heart, asking the Lord to help you make a comprehensive list of your sins. Confess every sin that the Holy Spirit calls to your remembrance and accept God's forgiveness. (1 John 1:9)

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 persons should never fast without professional supervision.

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

- Do not rush into your fast. Eat smaller meals before starting a fast.
- Limit your activity. Exercise only moderately.
- Expect some physical discomforts. Should you feel hunger pains, increase your liquid intake.

Step 5: Put yourself on a 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 His Word. Pray.
- Noon: Return to prayer and God's Word. Take a prayer walk if possible.
- Evening: Get alone for an unhurried time of "seeking His face". Avoid any distractions that may dampen your spiritual focus.

Step 6: End your fast gradually

Begin eating gradually, avoiding heavy solid foods or big portions.

Step 7: Expect results

If you sincerely humble yourself before the Lord, repent, pray, and seek God's face; if you consistently meditate on His Word, you will experience a heightened awareness of His presence (John 14:21).