

# **Nuts & Bolts of Fasting**

## ***Fasting Guidelines***

Daniel 9:3 Then I set my face toward the Lord God to make request by prayer and supplications, with fasting, sackcloth, and ashes.

### **1. Fast and pray to humble yourself and to purify your worship**

Deuteronomy 29:6 "You have not eaten bread, nor have you drunk wine or similar drink, that you may know that I am the Lord your God.

### **2. Fasting moves me, not God. It gets me in position to receive (It changes the wineskin to receive the new wine)**

### **3. Take time to pray and read the word. The goal is to fast and pray, not fast and work.**

### **4. Have a clear target for prayer focus**

### **5. Do the fast with someone else**

### **6. Make a commitment on the type of fast**

\*Total fast is without water (3 days max)

\*Water only fast

\*Juice fast

\*A Daniel fast of vegetables and water

\*A milkshake fast isn't really a fast!

Daniel 10:2-3 In those days I, Daniel, was mourning three full weeks.

3 I ate no pleasant food, no meat or wine came into my mouth, nor did I anoint myself at all, till three whole weeks were fulfilled.

### **7. Determine the length & times of your fast**

### **8. Make a vow to the Lord and don't consider it a trivial thing**

Ecclesiastes 5:5 Better not to vow than to vow and not pay.

### **9. If you fail, don't give in to condemnation (learn from it)**

### **10. Start small and build up (start with one day)**

### **11. Prepare physically (get off caffeine, be in shape)**

### **12. Prepare for opposition (schedule & demands)**

### **13. Fast in secret (unless it is a proclaimed fast)**

### **14. Break the fast gradually**

### **15. Feel free to rest much and to engage in light exercise**

### **16. Seek medical advice and oversight before and during the fast if you have medical problems or are older**

### **17. Be creative: fast TV, etc**

### **18. Expect to hear God's voice through dreams, visions, revelations, and the word**

### **19. Don't be discouraged if you don't see immediate results. Many times breakthroughs come after a fast – sometimes long after**

Daniel 10:12-13 Then he said to me, "Do not fear, Daniel, for from the first day that you set your heart to understand, and to humble yourself before your God, your words were heard; and I have come because of your words.

13 "But the prince of the kingdom of Persia withstood me twenty-one days; and behold, Michael, one of the chief princes, came to help me, for I had been left alone there with the kings of Persia.

