

Fasting Guide for Those New to Fasting

Fasting is a spiritual discipline that can leave someone unfamiliar feeling uncertain or anxious. If you're new to fasting, the key is to start with a clear purpose, plan your approach, and trust God to guide you through it. Here's a step-by-step guide to help you begin.

PURPOSE OF FASTING

Fasting is about drawing closer to God. The goal is to replace the time and energy spent on food with prayer, worship, and reflection.

Partial Fast: Abstaining from certain types of food or eating smaller portions.

Intermittent Fast: Fasting during specific periods in the day (e.g., from 8:00am-4:00pm).

Daniel Fast: Consists of fruits, vegetables, whole grains, and water.

Non-Food Fast: Fasting from something other than food (e.g., social media, entertainment) while dedicating more time to God.

CHOOSE TYPE OF FAST

PREPARE YOUR BODY AND HEART

Prepare Your Body:

- Pray and ask God for guidance
- Eat lighter meals before & after the fast
- Plan your meals in advance
- Drink plenty of water

Prepare Your Heart:

- Pray for strength
- Meditate on Scripture
- Worship to draw near to God
- Journal your insights

