

Fasting and Prayer

"If my people who are called by my name ... will pray ..."
2 Chronicles 7:14 (NKJV)

FASTING GUIDELINES

Fasting has been an important part of the doctrine and practice of the Christian faith throughout the Bible. Fasting is a voluntary, private, and Spirit-led separation from one's usual activities of life. Typically it is practiced individually by members in the church body by means of separating certain foods and liquids from one's diet. Normally fasts are held in accompaniment with prayer, and are intended to heighten focus, intensify fervor, and gain control over one's fleshly cravings and human will.

CAUTIONS

There are some cautions to consider as you contemplate a food fast. It is wise to consult your doctor before you begin your fast to make sure there are not medical reasons why it would be harmful to radically change your diet short-term or long-term.

PERSONS WHO SHOULD NOT FAST WITHOUT PROFESSIONAL SUPERVISION.

THOSE WHO ...

- are too thin or are prone to anorexia or bulimia
- suffer weakness or anemia
- have tumors, bleeding ulcers, cancer, blood disorders, or heart disease
- have chronic problems with kidneys, liver, lungs, heart
- are on insulin for diabetes or are hyperglycemic
- are pregnant or nursing

SOME GUIDELINES

Set reasonable goals for this week of fasting. Consider the following options:

- Feast one meal a day
- Fast one or two meals per day
- Fast one or two entire days or more

IF YOU GO COMPLETELY WITHOUT FOOD FOR A FULL DAY OR LONGER ...

- Drink plenty of water
- Drink some fruit juice for energy
- Remember that some medications should not be taken without food

OTHER FASTS

If it is not possible for you to fast meals, consider fasting things such as time spent with TV, the Internet, social media, sports, hobbies, or other interests that command a lot of your time and attention.

