



FASTING INFORMATION & TIPS

WEBSITE RESOURCES: JentezenFranklin.org/fasting and UltimateDanielFast.com

- Fast a meal, coffee, TV, Facebook & Social Media, News, Radio, Sweets, wine etc. Make sure to drink water. (Fast a natural desire and then replace it with a spiritual discipline)
- Pick a meal (i.e., breakfast, lunch, dinner or 2 meals) or do the Daniel Fast approach. (i.e., Daniel Fast fruits, nuts, vegetables, and juice) (*Google: Ultimate Daniel Fast book for info)
- Use your meal moments as time to set aside to be with God. Spend time on scripture meditation. Read a passage slowly & consider what God is saying to you through those verses. (Try S.O.A.P)
- Make new routines, set goals, but do not condemn yourself, if you mess up. It's OK. (If you want something different, you have to do something different.)
- Take a Sabbath on the 7th day before the start of week of the fast.
- If you have never fasted before, start with a 1 to a 3 day lunch fast. (Think steps).
- Remember that fasting does not earn any points with God. Fasting raises our spiritual discernment, when you pray and helps you listen clearer to the "still small VOICE of Holy Spirit.
- When you feel too tired to pray... just listen to the Holy Spirit—Also, play Praise & worship which will bring peace, spiritual clarity and God's presence.
- Remember— HAVE A PRAYER FOCUS: it's more about PRAYER and less about not eating.

**Fasting does NOT make God love or accept you more;
it makes you sensitive to the heart and purposes
of God with an Eternal Focus!**