

FASTING TIPS

In anticipation of our corporate prayer and fast starting soon, here are some practical tips to equip you for the safest and most faith-building experience possible. If you have a medical condition (hypoglycemia, pregnancy, etc.) or are taking medication, please consult your physician with any questions about fasting.

1. Have a purpose.
2. Set a definite beginning and ending time. Be accountable to someone if it is an extended fast.
3. If this is a new discipline for you, begin slowly. Start by fasting for one day and increase the number of days you fast over a period of time.
4. Always drink lots of water and/or juice.
5. Consult a doctor before beginning if you are on medication.
6. Set aside plenty of time for prayer during the fast.
7. Break it with healthy food -- bread, fruit, nuts.
8. Make it a consistent part of your spiritual disciplines.