



Quick Tips on Fasting

1. Jesus assumed his followers would fast (unto God).
Matthew 6:16-18
2. Fasting is purposeful. Examples:
 - To hear from God – Acts 13:2-3
 - To humble ourselves – Ezra 8:21
 - To call on God – Ezra 8:23
3. Prayer and Fasting go hand in hand:
Acts 14:23
4. There are various types of fasts illustrated in the bible. They are often described as the Normal, Absolute and Partial Fasts. Fasting can also be for various durations for example 3 days, 21 days, 40 days.
 - Normal Fast (water only): Matthew 4:2
 - Absolute Fast (no food or water): Esther 4:16; 1 Kings 19:8
 - Partial Fast (abstaining from certain types of food): Daniel 10:3
5. It's good to prepare for a fast both physically and spiritually:
 - Physically – seek medical advice if necessary, eat smaller meals, eliminate caffeine, sugary and high-fat foods prior to the fast.
 - Spiritually – confess sins (1 John 1:9); surrender fully to God (Rom 12:1-2); focus on God's goodness (Psalm 103:1-8)
6. Get more rest, limit activity during the fast
7. Break the fast gradually

Discussion Questions:

- What has been your experience (if any) with fasting?
- How is fasting beneficial?
- Discuss any concerns/advice you have about fasting.

Resources: God's Chosen Fast by Arthur Wallis; 7 Basic Steps to Fasting and Prayer by Bill Bright of Campus Crusade for Christ.