During a Fast of any type:

- 1. Start with a clear goal. Be specific about why you are fasting. Do you need direction, praying for family members, for financial breakthrough, healing, freedom from a habit, God's will for a relationship? Or do you need to simply draw closer to the Lord and away from distractions that are dulling your spiritual condition?
- 2. Start with smaller steps. Don't try a long, extended fast if this is new to you. People who fast for long intervals have usually done smaller ones before. Begin with something you can begin with, or stretch yourself slightly from anything you've done before.
- 3. Seek the Lord. Commit to prayer and bible reading. Be ready to respond when you hear from the Lord, and be open that the Lord may choose to speak some things to you that were not necessarily the original reason you began to fast.
- 4. Commit to Change. Whatever God tells you or puts His finger upon, apply it immediately. If it's restitution, contacting someone with whom you have a broken relationship with. If it's a habit that needs to change, act immediately and have a trusted friend hold you accountable.

5. Tips and expectations:

- Avoid medication when fasting food, unless advised by a physician.
- Limit physical exertion and adjust workout routines during food fasts. A maximum 1 or 2 mile walk should be the limit.
- Rest as much as much as possible
- Maintain an attitude of prayer. Intercede for family, pastors, church, nation, global events.
- Drink plenty of water
- As your body adjusts, don't be surprised by temporary bouts of pyeahysical weakness, discomfort, or moodiness as your body detoxifies.
- Decide how long and stick to it, or you'll think of every reason to break the fast while in the middle of it.
- Remember, despite all the weird feelings, fasting food is medically very good and cleansing for our bodies, unless there are medical conditions that say otherwise.
- Remember that when Jesus fasted, Satan did everything he could to get Him to stop. Don't be surprised when people unexpectedly offer you food; just tell them "thank you, not today."

6. Expect great things

7. How to end: Be very careful coming off of a food fast; don't overeat, and "ramp up" to solid foods more gradually than your mind will want to! Start with soft foods in small portions. Let your digestion re-adjust.