

Fasting Quick Start Guide

What is the reason(s) you are fasting?

Great Expectation

Whatever the reason we have for the fast we are to enter the fast with expectant heart

Ps 62:5 My soul, wait silently for God alone, For my expectation is from Him.

What do you expect to happen during the time of your fast?

Expect to spend time with God Setting specific and definite times in your day or evening to spend with Him

Set a definite time to talk to God (pray)

Set a definite time to read your word (hear from God)

Set a definite time for silence (quiet time)

Set a definite time to write (journal)

The pitfalls we avoid

Setting a definite time enables us to avoid several pitfalls.

By being intentional we avoid the pitfalls of *laziness and legalism*.

Establishing a definite time can also help us avoid the pitfall of *inconsistency*.

A set time can also help us avoid the pitfall of *interruptions*.

If done consistently these habits can and most likely will continue after the fast

You should expect opposition

1. From Satan

1 Th 2:18 Therefore we wanted to come to you — even I, Paul, time and again — but Satan hindered us.

“Whenever the ungodly cause us trouble, they are fighting under the banner of Satan, and are his instruments for harassing us” John Calvin

2. From the Flesh

Gal 5:17 For the flesh lusts against the Spirit, and the Spirit against the flesh; and these are contrary to one another, so that you do not do the things that you wish.

Before you fast, decide the following up front:

How you will fast – Water only, Water & Juice, Broth, etc

What kind of juices you will drink and how often

What physical or social activities you will restrict

How much time each day you will devote to prayer and God’s Word

Making these commitments ahead of time will help sustain you when physical temptations and life’s pressures tempt you to abandon your.

Prepare Yourself Spiritually

The very foundation of fasting and prayer is repentance. Un-confessed sin will hinder your prayers. Here are several things you can do to prepare your heart:

Ask God to help you make a comprehensive list of your sins.

Confess every sin that the Holy Spirit calls to your remembrance and accept God’s forgiveness (1 John 1:9).

Seek forgiveness from all whom you have offended, and forgive all who have hurt you (Mark 11:25; Luke 11:4; 17:3, 4).

Make restitution as the Holy Spirit leads you.

Ask God to fill you with His Holy Spirit according to His command in Ephesians 5:18 and His promise in 1 John 5:14,15.

Surrender your life fully to Jesus Christ as your Lord and Master; refuse to obey your worldly nature (Romans 12:1,2).

Meditate on the attributes of God, His love, sovereignty, power, wisdom, faithfulness, grace, compassion, and others (Psalm 48:9,10; 103:1-8,11-13).

Begin your time of fasting and prayer with an expectant heart (Hebrews 11:6).

Do not underestimate spiritual opposition. Satan sometimes intensifies the natural battles between body and spirit (Galatians 5:16, 17).

You have victory through Jesus Christ

Col 2:15 (Jesus) having disarmed principalities and powers, He made a public spectacle of them, triumphing over them in it (the cross)

Rom 16:20 And the God of peace will crush Satan under your feet shortly.

Enter with Great expectation

Php 1:20 For I live in eager expectation and hope that I will never do anything that causes me shame, but that I will always be bold for Christ, as I have been in the past, and that my life will always honor Christ, whether I live or I die. NLT