

Creating Your Fasting Plan:

- Spiritual Preparation
 1. Identify your primary motivation for fasting.
 2. Decide on a Bible reading plan.
 3. Read Isaiah 58 and other verses on fasting.
 4. Ask a friend to be your prayer partner.
 5. Buy a journal or use a notebook.
- Physical Preparation:
 1. Ease into the fast.
 2. Plan your meals for the first week.
 3. Make a grocery list for the first week.
 4. Prepare food ahead of time.
 5. Cook and freeze meals.
- During the Fast
 1. Get alone with God every day.
 2. Go through the devotions in part 2, "The Focus"
 3. Review Appendix 2, "Verses to Feed On" (p. 201)
 4. Be in contact with your prayer partner to share how he or she can continue to pray for you.
 5. Write down what God reveals to you.
- Physical Preparation
 1. Drink plenty of water.
 2. Plan your meals for weeks two and three.
 3. Continue to refer to the meal plans for each week for ideas.
 4. Make a grocery list for weeks two and three.
 5. Prepare foods ahead of time.
 6. Double recipes and freeze them.
 7. Improve digestion by eating slowly and chewing your food well.
 8. Try juicing.
 9. Focus on foods you can eat, not on foods you can't eat.
 10. Exercise.