

## **WHY FAST?**

There are many good reasons, and even health benefits, for fasting. Fasting gives you more time for prayer and engaging spiritual practices that help you connect with God. You can use the time you'd normally spend eating or participating in various activities, as time to connect with in prayer for what God wants to do in and through you.

## **HOW TO GET STARTED...**

### **1. Start where you are.**

We are all at different places on this journey together following Jesus. The same is true of our jobs, daily schedules and health conditions. Whether you've fasted before or maybe this will be your first time, it is important to remember to simply start where you are. Your personal fast should have a degree of challenge to it, but ultimately you are aware of your physical needs. Know your options and don't forget to spend time praying asking God to lead you in discovering what is best for you.

### **2. Choose the day and duration of your fast.**

If a full day is too much as you get started, chose a set number of hours and or a half day and build on that. Remember: The goal is to make fasting a part of your regular life, not try it once or twice, hate it, and never try it again.

### **3. Designate dedicated times for reading and prayer.**

Pray and ask God for strength, and wisdom during your fast. each time a hunger pain comes, you may want to pray through a short list of specific requests you are holding before God, or simply pray, "God, speak to me, I'm listening." As you go throughout your day use your bible app to follow a reading plan that helps keep you attentive to the presence and voice of God as you fast.

### **4. Seeing and Sensing**

Take moment before the completion of your fast to sit alone with God. Contemplate where you sense God was working during your day. Was there something you feel God impressed on your heart and mind? Did you sense God's voice in any way? Did you sense a closeness with God? Is there thoughts and feelings you have? Where are you seeing the hand of God in your life as you offer your needs, requests and life to him? Spend time documenting what you are seeing and sensing.