

Different Types of Fasting and Praying

by Pastor Jentezen Franklin

Read everything below – this is good information to help you with your fast. Check out the link, if you care to:

<http://www.jentezenfranklin.org/fasting/>

Fast Answers on how to Fast:

Consult your doctor, especially if you have health problems or you are taking special medications. Limit physical exercise when going on any type of fast. We encourage prayer and study of the Word while fasting. If this is your first fast, please consider combining the fasts.

EXAMPLE: Pastor Franklin will do something like this for our corporate fast: Days 1-3 – liquids (includes: water, juice, Ensure, instant breakfast, etc.) Remaining days of fast would be the information that is included in the Daniel fast and/or anything that you would consider a sacrifice to the Lord.

The type of fast you decide on is between you and God.

Establish your fasting goals - why you are fasting?

Examples of fasting:

Full Fast - drinking only liquids (you establish number of days.) Consult your doctor.

Daniel Fast - Eat no meat, no sweets, and no bread. Drink water and juice. Eat fruit and vegetables (veggie burgers are an option as well if you are not allergic to soy). Some people drink Ensure, instant breakfast, etc.

3-Day Fast: This fast can be any type of fast, full or Daniel. If anything, just give up one food. It could be a sacrifice other than food.

Partial Fast - Fast until 6:00 am to 3:00 pm or from sun-up to sundown. This fast can also be any type of fast.

Fast of Sacrifice - giving up television or anything that would be a sacrifice for you personally.

Confess your sins and forgive all and ask to be forgiven all and remember that it is the attitude of a heart sincerely seeking Him to which God responds with a blessing. (Isaiah 58; Jeremiah 14:12; I Corinthians 8:8).

**Suggestions For Ending Fast -
Start back slowly on your regular eating schedule.**

If you did a total fast:

The **first 2 days** begin with juice or broth. On the 3rd and 4th days you may add fruits and vegetables. After 4th day, slowly add meats, fish, breads and sweets and add dairy products last - and slowly. If discomfort takes place, back down to 4th day again and slowly add in your suggested food groupings.

Scriptures on Fasting: Matthew 6: 16-18, Matthew 9:14-15, Luke 18: 9-14. Relation to Prayer and Reading of the Word: 1 Samuel 1:6-8, 17-18, Nehemiah 1:4, Daniel 9:3,20, Joel 2:12, Luke 2:37, Acts 10:30, Acts 13:2, 1 Corinthians 7:5. Corporate Fasting: 1st Samuel 7:5-6, II Chronicles 20:34, Ezra 8:21-23, Nehemiah 9:1-3, Joel 2:15-16, Jonah 3:5-10, Acts 27:33-37

Remember that it is the attitude of a heart sincerely seeking Him to which God responds with a blessing. (Isaiah 58; Jeremiah 14:12; I Corinthians 8:8. May God greatly bless you as you fast!

Q: How should I fast?

A: Start with a clear goal. Why are you fasting? Do you need guidance, healing, restoration of marriage or family issues? Are you facing financial difficulties? Ask the Holy Spirit for guidance. Pray daily and read the Bible. Fasting brings about miraculous results. You are following Jesus example when you fast.

Q: What should I fast?

A: That is up to you. It may be a full fast in which you drink only liquids, or you may desire to fast like Daniel and eat no sweet breads, no meat and nothing but water to drink. Perhaps you only want to eat vegetables. If nothing else, you can fast watching television or anything else which would be a sacrifice from your normal day to day activities. Remember to replace that time with prayer and Bible study.

Q: How long should I fast?

A: You may fast as long as you like. Most people can fast easily from 1-3 days, with some mild discomfort, but you can extend your fast to 21 days or even 40 days! Use wisdom and prayer for guidance. Beginners are advised to start slow.

Q: Isn't fasting supposed to be private?

A: Most of the fasts mentioned in the Bible were public fasts called by the priests, but Jesus gave us the model for private fasts in Matthew 6:16-18; 9:14, 15.

Q: How do I prepare myself to fast?

A: Confess your sins to God. Ask the Holy Spirit to reveal areas of weakness. Forgive all who have offended you and ask for forgiveness from those who you may have offended. (Mark 11:25; Luke 11:4; 17:3-4)
Surrender your life fully to Jesus Christ and reject the worldly desires that try to stop you. (Romans 12:1-2)

Prepare yourself physically. If you have health concerns, consult your doctor prior to fasting and explain what you plan to do. This is especially important if you take prescription medications or have a chronic ailment. Some people should never fast without professional supervision. While on your fast, limit your activity and exercise only moderately. Take time to rest. Be ready for some physical discomforts especially early in the fast. Your body is detoxifying and you may have withdrawal effects from caffeine and sugars. You may have headaches, hunger pains and even become irritable! Spend time listening to praise and worship music, and pray as often as you can throughout the day. Get away from normal distractions as much as possible and keep your heart and mind focused on seeking God's face.

End your fast slowly. Don't overeat upon ending your fast. Begin eating solid foods gradually and eat smaller portions or snacks until your body is re-accustomed to eating solid foods.