



FASTING



THERE ARE 3 BASIC TYPES OF FASTING MENTIONED IN THE BIBLE

The '**Absolute fast**'. This fast is extreme and should be done only for a very short periods of time. On an absolute fast you go without food and water. It is recommended you consult a doctor before you begin this fast. Remember you cannot go without water for more than 3 days.

The '**Normal fast**'. This fast you go without food for a selected period of time. In this fast it is important to drink plenty of water. You may also choose to have clear vegetable broth and juices in order to maintain your strength.

The '**Partial fast**'. This fast can be interpreted many ways. In this fast you choose certain foods to go without (e.g.. deserts, meat, junk food, coffee etc.). Normally something is chosen that you will notice going without. As with the normal fast you identify a selected period of time that you will fast.

PRACTICAL STEPS TO FASTING:-

- Don't put off waiting for the 'best time' to start. – Just start.
- Don't over exercise
- For longer fasts cook up vegetables and drink the broth
- Don't drink milk as it is a food and will only keep you hungry
- 2 days into fast you can get a bad headache (toxins released)
- 3-5 days into fast is usually the turning point as you normally lose your hunger pains.
- One of the most important part of the fast is to SLOWLY come out of it. Don't binge!

BIBLICAL REFERENCES TO FASTING

Ex 34:27-28

Ezra 8:21-23

Luke 4:1-2

Daniel 1:8 & Daniel 10:1-3

2 Chronicles 20

Acts 13:1-4

Esther 4-7

Matthew 6:17-18

MAKE IT PERSONAL

- Acknowledge the things God is revealing that He wants you to deal with or get rid of
- Allow God to take you to a deeper place of renewal and cleansing
- Be prepared to be patient. Don't rush what God wants to do in you
- Keep a journal of the journey – record what God is saying to you in your fast

**FASTING IS MORE THAN SEEKING
THE HAND OF GOD,
IT IS SEEKING THE FACE OF GOD!**



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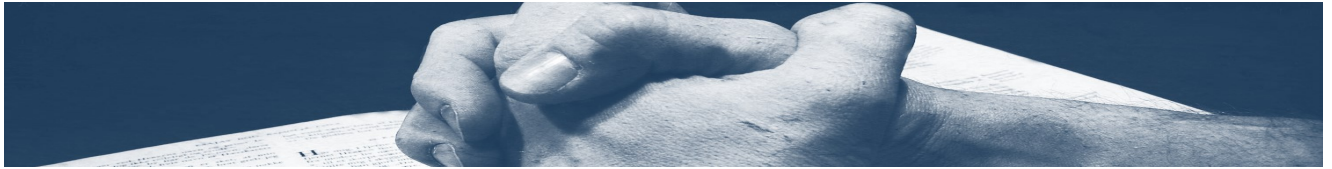
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SPENDING TIME WITH GOD



WHY READ

Psalm 119: (5-18; 97-105)

God's word is living, it's ALIVE! It is able to teach us about God, His plan and purpose for our lives. It is a way we can understand who God truly is.

Isa 40:8 *"The grass withers, and the flowers fade, but the word of our God stands forever"*

Colossians 3:16 *"Let the words of Christ, in all their richness, live in your hearts and make you wise. Use his words to teach and counsel each other..."*

Hebrew 4:12 *"For the word of God is full of living power. It is sharper than the sharpest knife, cutting deep into our innermost thoughts and desires. It exposes us for what we really are."*

MAKING MOST OF THE TIME

- Find a quiet place. Using the same place each day can be helpful and become very special.
- Remove all distractions and hindrances
- Have everything you need at hand. (e.g. bible, pen, journal, highlighter)
- Don't rush in just to get it done. Make spending time with God a priority and allow other things to wait
- Prepare your heart

The most important thing is to make spending time with God regular. If you value your relationship with God and want it to grow, then make it a priority.

LECTIO DIVINA

Lectio - Read

Meditatio - Think

Oratio - Pray

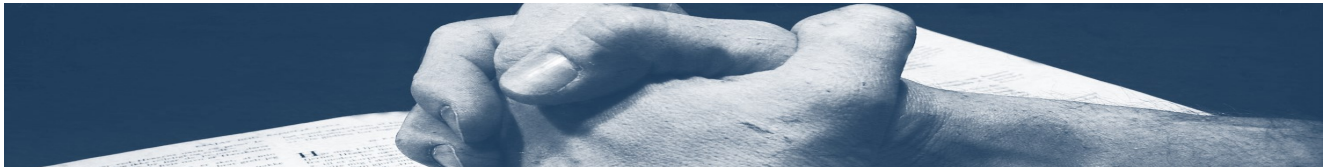
Contemplatio - Live

Use the above method as you read. Remember it is not about how much you read, but more about taking in and reflecting upon what you read. It is important to take time to allow God to do His work so that His Word penetrates your heart and ministers to you. As you do this you will see, hear and experience the God who delights in spending time with you.

Spiritual Disciplines are not the desired end product of spiritual life — but rather they are a means to an end. They are.. The intentional development of authentic spiritual life and intimacy with god.

authenticdiscipleship.org

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