



Steps to Fast Regular

Practical Steps:

1. Starting the Fast
 - a. Come to the Lord in Prayer
 - b. Confess any sin
 - c. Communicate the reason for your fast.
 - d. Explain what you will fast.
 - e. Be clear about when you will begin the fast and when the fast will conclude.
 - f. Close prayer.

2. During the Fast:
 - a. During the fast we should intentionally be in prayer and the reading of scriptures.
 - b. Many times especially in the beginning and in our need and desire to fast regularly we do not have a day and time where we can stop everything and fast. If this is the case then we must look to be intentional throughout our day seeking the Lord. While working or driving or running errands we pray.
 - c. We begin our day with one passage of scripture and we memorize it and meditate on it throughout our day.
 - d. We look for moments in our day to reflect the beauty of God's creation.
 - e. Look and listen for the Father's voice throughout your day.
 - f. If we are married we abstain from intimacy with our spouse for the period of the fast.
 - g. If we are not fasting food and choice drinks but something else then we should still abstain from any alcoholic beverages.

3. Conclusion the Fast:
 - a. Once the time has arrived for your fast to complete, come to the Lord in Prayer.
 - b. Do not make a decision to continue the fast past the time you originally told the Lord. Keep your word and if you feel you can fast longer, then attempt that on your next fast. Do your best to keep your word to the Lord and what you said you will fast, why you will fast, and the time period of your fast.
 - c. Once you are in prayer the following is suggested: Worship the Lord. Tell Him that you are now at the conclusion of your fast. Thank the Lord for giving you the strength to endure the fast. Ask Him to receive the Fast for His honor and glory. Ask His blessing over the area of why you are fasting. Tell the Lord that you love

Him and trust Him and that you desire His blessing alone. Close the time in prayer.

- d. Whichever type of fast you completed you can now go back to enjoying that area. If it was food you fasted, you may go back to eating. It is recommended that you slowly get back into eating and not do too much at the beginning.
4. If I accidentally break my Fast:
- a. If this happens do not be too hard on yourself.
 - b. Ask the Lord to forgive you and begin your fast again.
 - c. You can either restart it from where you left off or pick another day and continue.
 - d. Do not give up on fasting all together because you accidentally broke your fast.