

Fasting from Food

Before you start a fast, make sure you are doing it for the right reasons (Luke 18:9-14). Don't fast to impress anyone (Matt. 6). Don't fast to lose weight. Don't fast to seem spiritually superior. Fast to humble yourself and seek God.

Have a Plan

It is not wise to jump into any type of fast without a plan. We are doomed to either failure or to not reap the proper spiritual benefits from it. Here are some tips for fasting:

- Ask God to guide you into how long you should fast.
- Set a time limit to go without food (e.g. 1 meal, 8 hours, Sun-up to Sun-down).
- Remember, God can do a lot with a little. God can change you just as much in an 8 hour fast as he can in a 8 day fast. This can also be the first baby step to a regular engagement with the spiritual discipline of fasting.
- Know your body's limit. If your body is not at a point where it is wise to skip a meal (e.g. you are diabetic or pregnant), please fast from something other than food.
- Ask God to bless this fast. "Father, would you use this fast to humble me. Change my heart in these hours. Use this designated time to increase my passion for your will to be done on earth as it is in heaven."

While Fasting

- Drink lots of water. While your body goes without food, it is important to keep nourishing yourself with water.
- When you find yourself with hunger pains...
 - Pray: Let prayer draw you closer to God. Here are some short prayers that you might consider using repeatedly when you find yourself hungry:
"You must become greater, I must become less."
"Man does not live on bread alone, but on every word that comes from the mouth of God."
 - Confess: While fasting, God might reveal some areas where your will has taken a place of greater prominence than his own. Great. Praise God! Acknowledge this needed change to yourself and to Him.
"Jesus have mercy on me a sinner."
- Use meal times intentionally. Instead of just "not eating", use meal times to be with God in prayer, in his word, or in silence.
- When you find yourself desiring to eat, ask yourself, "Why am I desiring food?" Is it for comfort? Is it because I'm bored? Is it for pure enjoyment? Is it for energy?
- After you have thought about why you are desiring food, meditate on how God comforts, how God captivates our attention, how God gives joy, how God gives energy, and how God sustains.

Resources

- CS Lewis Institute : https://www.cslewisinstitute.org/webfm_send/6452