

Fasting

Fasting is a Biblical doctrine well established in the Old Testament and personally endorsed and practiced by Christ in the New Testament. When the disciples asked Him why they were not able to bring healing to the lunatic boy, He said, "This kind (of power) goeth not out but by prayer and fasting" (Matthew 17:14-21). Jesus also said in verse 20 that it was because of their unbelief and lack of faith. From this, we can conclude that through fasting and prayer, our belief will become stronger and our faith will increase. When you enter into a time of fasting, set definite goals and expect to increase in simple, child-like belief and faith in the One who is always faithful.

Although fasting means to refrain from eating, it may also be applied to denial of other pleasures or certain types of food. The important part is to show unwavering determination in that self-denial. It must be a true sacrifice of something you truly need or strongly desire. Some may fast TV shows, cell phones or other activities while others choose to do without coffee, sweets or meat, etc.

Before you consider a total or even a partial, or "Daniel" fast for the first time, you should be reasonably sure it will not have an adverse effect on you physically. You might ask your doctor but 99% of the time they will try to discourage you. It would also be very risky for them, not knowing how it might affect you. But most of them would approve of you giving up coffee, tea, candy, pastries, etc.

So, the alternative, if you have never fasted before is to try it for a few days to see how you fare. God will understand that you are trying, so don't feel badly if you have to stop or go from a total fast to a partial.

It is best to start the fast by omitting the last meal of the day so you will be able to get through the first hunger pangs while sleeping. You will find that the first three days are the hardest. If you are a heavy user of coffee, sodas or any other caffeine products you may suffer severe headaches during this time. After three full, food-free days, the rest of fast is a breeze. You will be surprised at the energy level you will experience. You shouldn't have any weak or "faint" feelings after the first three days. These are caused by the toxins stored up in your body. It takes three days for them to get out of your system.

Then your body enters what it believes to be a famine and begins to draw from the stored up fat in your body. Since you are not taking in any fat or calories, your body will draw only what it needs for your particular use. I personally will lose one pound each day of an extended fast. Don't worry, you will gain all of this back within a week after ending your fast, unless you change your way of eating (which most people need to do).

You must drink sufficient water during your fast. You may include juices such as grape, cranberry or apple, but no citrus juices. They are too high in acid and could harm the delicate lining of the stomach. The other juices are high in potassium, which is vital to your daily health and well-being.

It takes will power to fast successfully. It also takes will power to live a wholesome life that will glorify Christ. A tremendous benefit is that fasting is the best way to build your will power. Every time you accomplish a successful fast of any duration you will benefit, physically, spiritually, and emotionally.