

Have A Plan

One of the best ways to succeed at something is to have a plan or a vision. Proverbs 29:18 (NIV) *“Where there is no revelation, people cast off restraint; but blessed is the one who heeds wisdom’s instruction.”* Make a plan for your fast and write it down. This will give you something to refer back to and will help you to stay on track. Habakkuk 2:2 (MSG) *“And then God answered: ‘Write this. Write what you see. Write it out in big block letters so that it can be read on the run.’”*

“Why are you fasting?”- Do you want a deeper and more intimate relationship with God, healing, salvation for family and friends, deliverance in an area in your life, guidance or direction, financial breakthrough? Whether it is one of the reasons on this list or something else, have a reason or reasons for fasting. This will be your prayer focus during your fast. It doesn’t mean this is the only thing you pray for but this is your focus.

“What kind of fast?”- Decide what kind of fast you want to do. It should be a true sacrifice. Giving up breakfast when you don’t normally eat breakfast isn’t really a sacrifice. Please always take in to consideration any medical issues and follow your doctor’s orders.

- Regular Fast- refraining from all food and drinking only water or juice.
- Full Fast – refraining from all food and drink.
- Partial Fast – refraining from certain foods or omitting certain meals out of your day.

Prayer and reading your Bible- Set aside a time to pray and read your Bible. If you don’t already have a daily time set aside, make sure you put that into your plan. Fasting without prayer and reading your Bible is just a diet. You must seek God. It is in those times that we truly draw closer to Him.

Commit- Then COMMIT to your fast with your whole heart expecting God to do something great. Seek Him and watch Him make the impossible possible. He will reveal great things during fasting and prayer. Ezra 8:23 (NIV) *“So we fasted and petitioned our God about this, and He answered our prayer.”* Fasting takes the focus off of us and worldly things and puts the focus on God. It helps us to renew our mindset.

DON’T GIVE UP!- If you mess up and eat when you weren’t supposed to or eat something that you said you wouldn’t...it is okay. Keep going! Start again and conquer your stomach pains. It is difficult but it can be done. The reward is GREAT!