

Some Guidelines for Prayer with Fasting

What kind of fast?

- A limited fast – A person limits part of their diet for a time as a part of seeking to do the will of God. (Daniel 1:8-13)
- A standard fast – A person eats no food but does drink liquids. This is the most common fast in the Scriptures.
- An absolute fast – A person does not eat or drink for a period of time. Esther called for a three day fast of this kind (4:1-17).

How is a fast to be done?

- Keep your focus on the Lord trusting Him in the situation and need. (Hebrews 11:6).
- Stay in an attitude of prayer throughout the day. Set aside segments of time for specific prayer. Pray often.
- Read Scripture during your time of prayer and fasting. Praying is as much listening as talking. Record any insights you gain. You may want to write down some of your specific requests in a journal or notebook.
- Concerning meals missed, skipping one, two, or three consecutive meals is a normal fast. Drink plenty of juices and/or water as you fast.
- For those on medication, pregnant, or who have been ill, be very cautious and get an OK from your doctor before you fast. Some are not able to fast because of a physical condition. They must have regular meals. The Lord may lead you to “fast” from certain foods (for instance, some “fast” from desserts for an extended time and spend extra time in prayer). Remember, the important thing is the heart attitude, not the calorie count.
- Sometimes there may be a little dizziness, headache, or nausea from not eating. Don’t be alarmed. Remember to drink extra liquids.
- At the end of your fast it is helpful to eat fruit or soup, etc. Don’t eat a big meal. Your eyes may be bigger than your stomach so watch out for gluttony (The fruit of the Spirit is self-control – Galatians 5:22-23).