

Fasting Tips

1. Headaches, bad breath, and run down feelings are signs that the fast is working. During a time of fasting the body purifies itself, feeding off of impurities and pollutants in the body. After approximately three days the headaches begin to cease and after approximately five days hunger also stops.

2. Fasting will not impair your health. On the contrary, fasting throughout history has been a prescribed method for healing. Animals cease to eat, as God instinctively ordained, when they become ill. Hippocrates was an outstanding physician in his time. He is called the "father of modern medicine." He set standards followed by doctors today called the Hippocratic Oath. Hippocrates taught his students to rely on diet and exercise instead of drugs. He personally fasted often. Moreover, he advised people to only eat one meal a day.

3. Fasting will increase your faith. The same member with which you speak the word of faith is the same member with which you eat. That is the mouth (**Romans 10:8-10**). Faith must be released out of the mouth. Fasting and faith are first cousins. They are related. The tongue speaks faith and eats food. Some unbelief cannot be broken without fasting. Each day that you fast, your faith is increased.

4. Drink plenty of fluids. Bottled mineral water should be taken in large quantities, before and during the fast. This will help flush poisons and impurities out of your system. Approximately one gallon a day should be used in the cleansing process.

5. The hardest day of fasting is day one. The second hardest day is day two. It does not get harder, but it actually gets easier. Your body becomes purified of poisons and toxins. When you feel tired there is poison in your system. You need to use regular methods of colon cleansing.

6. Fasting strengthens your inner will. **James says, "a double minded man is unstable in all his ways. Let not that man think that he will receive anything from the Lord" (1:7-8)**. Your becoming hungry is not a reason to break a fast. The only reasons

you should break a fast are for medical reasons or if God has dealt with you that it is time to break the fast. You will not starve to death by fasting.

7. During the fast-focus on the Word of God. Most of the direction that God speaks to His people comes through the revelation of His word. When Jesus fasted, He was tempted by the devil, but in every case He used the Word of God to overcome. Without exception God has spoken to me through the scriptures each time I have fasted. When you become hungry, if you will read from the Word of God, you will be satisfied of physical hunger.

8. During a fast your prayers need to be specific. I encourage you to write down your greatest needs and pray specifically over each need during this time of fasting. As God impresses you with direction and guidance, jot down what God speaks.

9. The victory often comes after the fast is over. When Jesus fasted, He was tempted by the devil. The power of the Holy Spirit came upon Christ after the fast. "And Jesus returned in the power of the Spirit to Galilee and news of Him went through all the surrounding regions" (**Luke 4:14**).

10. Wisdom should be used in breaking the fast. I suggest that you not eat meat and other hard to digest foods the first few days after a fast. Instead, eat foods which are very easy to digest. The sooner the first meal passes through the body, the more effect it has as it carries out poisons collected in the intestines and stomach. The best laxative foods for a fast are fresh, sweet fruits, such as grapes, cherries, or raw vegetables. If you experience backaches during fasting, it is probably your kidneys and not your back at all. Drink more water and the pain will go away. You need much more water when you fast.

Our purpose is to draw close to Him and receive His guidance. He will help you as you commit each day unto Him and pray.

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