



Four Kinds of Fasting

There are many ways to fast. There are probably as many ways to fast as there are to pray. Following are four kinds of fasts. It is important for you to ask the Lord how He wants you to fast. Please keep in mind your own health issues. Fasting should never jeopardize your health and well being.

1. Full fast: It is going without food for a definite period of time in which you drink only liquids (water and/or juice). The duration can be any length of time that you set. Long fast times should only be attempted if OK'd by your physician.
2. Partial fast: This fast allows you to omit certain foods or is on a schedule that includes limited eating. It may consist of omitting one meal a day. You may wish to eat only fresh fruit or only vegetables for a set time.
3. Absolute fast: Absolute fasting should be entered into only on a very short-term basis. For instance, you may want to fast from morning until 3 p.m.
4. Media fast: Take a break from Television, CD music, the radio, newspapers or magazines. Use the time you would have spent in those activities in prayer before the Lord.

Worship: As you fast spend time worshiping in the presence of the Lord. Play your favorite worship music and enter into the presence of the Lord. Word of God: Be in the Word of God. Meditate on His Word. Declare it out loud, claim God's promises. Wait on the Lord: As you enter into prayer ask God to search your heart. Let Him into every area of your life. Be willing to repent of sin and be cleansed and renewed. Be honest before the Lord and forgive anyone against whom you are holding unforgiveness. Now you are ready to pray prayers that "avail much" and move the hand of Almighty God. Lay aside your own ideas and agenda. Wait with an open heart for Holy Spirit to prompt how He wants you to pray. Don't be in a hurry, don't move on to the next subject until you are sure that you have prayed the Will of God and He has release you to move on in prayer. Always remember that our Great God has invited us to come to Him in prayer. We have an open invitation to come bold!