

# GUIDE FOR FASTING

***Proclaim a holy fast!  
Call an assembly!  
Gather the elders,  
all who dwell in the land,  
To the house of the LORD, your God,  
and cry out to the LORD! Joel 1:14***



## ***Guide for Fasting!***

As we approach Lent, it is essential to reflect on how to prepare for a fast.

### **Before the fast (Try to prepare days in advance):**

1. Ask the Lord if the fast is something you should do.
2. Offer the fast for special intentions.

3. Ask the Lord what specific areas of your life require change for the best or where prayers are needed in your life.
4. Pray for the grace to remain faithful till the end of the fast.
5. Inform your family for accountability – (do not tell the world).
6. Encourage others to join you.
7. Try only to keep the food you should eat in your food pantry to avoid temptation.
8. Decrease the amount of food you usually eat before the fast.
9. If you have any medical condition, consult your doctor before fasting.



**During the fast:**

1. Pray daily/Pray in the Spirit/Stay in a spirit of prayer at all times, even if you are working.
2. Meditate and reflect on scriptures daily.
3. When you are hungry and tired, ask God to help you. Read the Psalms, listen to Praise and Worship music, or ask a friend or family to pray with you.
4. Adequate Rest and sleep are recommended.
5. Take time for silence and let God fill and love you.
6. Take a short prayer walk/moderate exercise.
7. If you feel ill, dizzy, lightheaded, or shaky, eat something from your fasting regimen.
8. Drink adequate water (if your fast permits).
9. Avoid alcohol, caffeine, and snacking.
10. Avoid entertainment.
10. Before eating for the day, thank God for the opportunity to fast, pray, and bless the meal.



### **After the Fast:**

1. Praise and thank God for the fast.
2. Resume eating slowly and in small portions. Do not overindulge after the fast.
3. Ask God to guide you to regular fasting habits or if you must fast a little longer.

### **Some Scriptures about Fasting for prayer & reflection:**

Acts 13: 2-3

Exodus 34: 28

Isaiah 58:6

Joel 1:14

Joel 2:12

Matthew 6:16-18

***Prayer: Lord, teach us how to pray.  
In your Name, I pray. Amen.***