

Water Fasting Guidelines

Why fasting?

- Prayer and fasting moves the Hand that controls the universe. Consecrated fasting/prayer **opens the Heart of God** and the Windows of Heaven and brings the forces of God into action on our behalf.
- What makes fasting with prayer so very powerful? From the early days of the Bible we see that the many great men of God all practiced this custom of fasting, while praying with great intensity to God for **breakthroughs**.
- Even in modern times, many great men and women of God regularly fast and have at some stage in their lives gone through at least one long (40 or 21 days) period of fasting.
- One of the greatest benefits of fasting is a **dramatic increase in the anointing of the Holy Spirit**.
- It seems as if **something significant** takes place when people focus on God with an intensity that denies the very essence of normal survival. God knows and acknowledges when we really get serious with Him.
- Fasting causes the normal metabolism of the human body to be radically affected. Organs, such as the stomach and kidneys get a break while at the same time enabling the spirit of man to be radically **empowered and sensitized** through prayer and separation.
- Fasting remains the most powerful way to practice **self-discipline**.
- It is a fact that most times fasting removes the mountains that prayer has been unable to do. Fasting causes us to examine our lives and many time the Holy Spirit will **reveal the hindrance** albeit, personal change, hidden sins, unforgiveness, wrong attitudes, lust (sexual, gluttony etc), Some may be seeking the Will of God for their lives. We sometimes need to fast for family members who desperately need a touch from God etc. When people fast, they not only obtain answers to prayers, but also become very sensitive to the voice of the Holy Spirit. Many people in the Bible saw visions and had dreams while they were in a state of fasting.

How to Begin a Fast (From: The ABC of fasting by Franklin Hall p.14)

Remember, satan will place oppressed feelings, depression, anti-pleasure, remorse etc. on your way, but in the end the time you spend with God will give you the breakthrough and victory you need.

Four steps of preparation: (this is for an extended fast of 3 days plus)

- 1. Fourth day before the fast:**
Leave off all meat and fried foods in diet.
- 2. Third day before the fast:**
Eat mostly green vegetables, cooked or otherwise
- 3. Second day before beginning a fast:**
Eat choice of any live foods. Live foods are any uncooked food, such as vegetables, dried and fresh fruit, nuts, etc. These foods contain a plentiful amount of vitamins and minerals. Milk products are also live foods.
- 4. Final day before the fast:**
A fresh fruit diet. (eat all that is desired).

The reason for the above suggestion is that the body detoxifies before the fast and you don't suffer headaches that are part of the detoxification process.

How to Break Your Fast (From: The Fasting Prayer by Franklin Hall p.167,168)

Remember to practice extreme self-control when breaking a fast!!!

Great care and self control should be exercised when **any fast longer than three days** is broken.

AFTER A FAST FROM TWO TO FOUR DAYS:

First day: Three meals of choice fresh fruit, oranges, grapefruit, grapes, apple, peaches, tomatoes, or any other agreeable fruit.

Second day: Light vegetable meals. Leave off heavy food for several days.

AFTER A FAST OF FOUR TO SIX DAYS:

First two days: Three or four meals of choice fresh fruit or tomatoes. A vegetable meal may be eaten. in the evening of the second day. Moderate amounts of green salads, vegetables, soups, milk and yoghurt can be eaten for the next few days.

AFTER FASTING SEVEN DAYS TO TWO WEEKS:

- First day: First two meals of fresh fruit juice in six ounce servings. Third meal, choice of fresh fruit. Prune juice is an ideal bowel regulator.
- Second day: Three or four meals of fresh fruit.
- Third day: A half pint of any type of milk at each serving, light soups, or very small finely chewed green salads. Yoghurt restores healthful bacteria.
- Fourth day: Vegetable meals that are green or leafy or milk or soup. Choose a vegetable diet for nearly as many days as you fasted, gradually increase quantity from small diet. Never piece between meals.

AFTER A FAST FROM TWO TO THREE WEEKS:

- First day: Three meals of fruit juice in four to six Ounce servings diluted approximately with equal amount of water.
- Second day: Three or four meals of above, in somewhat less diluted and in larger quantities.
- Third day: Three or four meals of choice fresh fruit. Yoghurt or cultured buttermilk-beneficial.
- Fourth day: Fresh fruit, milk diet only, soup, or light green salad.
- Fifth day: Light vegetable meals, fruit salad, soup, or milk diet.
- Succeeding days: Same as above, but quantity can gradually be increased. Stay with a vegetable diet for approximately as many days as fasted, then slowly go into regular eating but never eat wrongly as one possibly did before fasting. Cereal meals may be added after fifth day.

AFTER A FAST OF FROM THREE WEEKS TO FORTY OR MORE DAYS:

Use same method for breaking the three week fast, except smaller quantities should be eaten and a longer period should elapse before eating regular.

Rewards of fasting and prayer found in Isaiah 58:5-11 (Amplified – Amp.)

- 5 Is it a fast that I have chosen, a day for a man to afflict his soul? (Amp: To humble himself with sorrow) (This leads to the knowledge of righteousness and humility) Is it to bow down his head like a bulrush, and to spread out sackcloth and ashes? (Amp: To indicate a condition of heart that he does not have) Would you call this a fast, and an acceptable day to the LORD?
- 6 "Is this not the fast that I have chosen: to loose the bonds of wickedness, to undo the heavy burdens, to let the oppressed go free, and that you break every (Amp: Enslaving) yoke?
- 7 Is it not to share your bread with the hungry, and that you bring to your house the poor who are cast out; when you see the naked, that you cover him, and not hide yourself from (Amp the needs of) your own flesh?
- 8 **(Rewards of Fasting)** Then your light shall break forth like the morning, your healing (Amp: Your restoration and the power of a new life) shall spring forth speedily, and your **righteousness** (Amp: your rightness, your justice, and your right relationship with God) shall go before you; (Amp: conducting you to peace and prosperity) the glory of the LORD shall be your **rear guard**. (you will be protected from all sides)
- 9 Then you shall call, and the LORD will answer; you shall cry, and He will say, 'Here I am.' "If you take away the yoke from your midst, (Amp: Wherever you find them) the pointing of the finger, (Amp: Toward the oppressed of the Godly) and speaking wickedness,
- 10 If you extend your soul to the hungry and satisfy the afflicted soul, then your light shall dawn in the darkness, and your darkness shall be as the noonday.
- 11 **The LORD will guide you continually, and satisfy your soul in drought, and strengthen your bones; you shall be like a watered garden, and like a spring of water, whose waters do not fail. (NKJ)**