



Fasting: some practical guidelines

Here are some very practical guidelines on fasting we've put together to help you get the most out of your day. Please take a little time to read them.

1. Being sensible is not being unspiritual. Don't fast if you are sick or pregnant. (People particularly with diabetes, gout, liver disease, kidney disease, ulcers, hypoglycemia, cancer and blood diseases should avoid fasting.)
2. Don't fast if you are in a hurry and are fasting for immediate results regarding some decision. Fasting is not magic.
3. Stay hydrated! Always drink plenty of water and fluids. You can drink tea or coffee, but because try and have it weaker - and with a glass water nearby. You could also carry a bottle of water around with you.
4. If you are new to fasting, you can fast for one meal or for all three meals. We shall be breaking our fast communion at the end of the day. Meanwhile, spend the meal time with God that you would normally be eating.
5. Begin a fast after supper and fast until supper the next day. This way you miss two, rather than three, meals.
6. Expect your tongue to feel coated, and expect to have bad breath. Think about brushing your teeth or gargling before mixing with other company. They will love you for it!
7. If you want to do a longer fast after this day, you will need to work up to it. Check with your doctor before attempting long periods of fasting. You can't just decide to do a 40-day fast!
8. If you decide to fast regularly, give your body time to adjust to new rhythms of eating. You may feel more tired on days you fast. Adjust your responsibilities appropriately.
9. Don't break your fast with a huge meal. Eat small portions of food. The longer the fast, the more you need to break the fast gently.
10. As you go on, get into the habit of listening for a nudge from God to fast. It might surprise you, not least bless you!