

532 Advanced Fasting Final

With medical clearance, begin to work on fasting as soon as you can. You will 'fast' for 7 days. (Note: If you have a medical condition, do not fast or abstain from using food if your doctor has not approved it. Simply fast habitual activities such as: junk food, TV, poor living habits, gossip, or the like.)

Each day you will journal your experiences as you are fasting and praying. If you are not used to fasting, begin slowly. If you use caffeine products, reduce and eliminate the use of them, first. If you regularly eat large meals, reduce the amounts and substitute fruits and vegetables for heavier food choices.

Describe the practical tips that you have received from God as you are fasting and how they can be used in your ministry or walk with the Lord. Include the attitudes you need to use in your ministry that will allow the Spirit of God to work through you in a greater measure. If you have received a special 'Word from God' or a vision please write about these illustrations in your journal.

As you see problems arise or blocks, use these as victories in the total project.

There are several types of fasts (rated from the top to bottom in difficulty):

1. Total Fast – no food or water
2. No food fast, water accepted.
3. Ezekiel's Bread fast (Ezekiel Chapter Four – must be prepared, specifically)
4. Juice only
5. Fruits and vegetables only
6. Half Day fast, no eating after a certain hour (3pm as an example)
7. Special day fast, (such as Thursdays, only) – (if you use this one it would take 7 weeks)
8. Fasting something that is habitual in your life such as junk food, TV, poor living habits, gossip, or the like.

Journal what you are going through, physically, mentally, emotionally and spiritually, each day.

Example:

Day 1

I am feeling a bit down, today. I have not eaten at all and I am realizing that I might have bit off more than I can chew. I have not eaten or drank anything but I am praying that I will make it through to at least 2 or 3 days. Right now it is hard to pray for anyone because I am so tired. But I am praying for my son's marriage and for the relationships of my children. Especially, for salvation "break through" for them all.

Day 2

AM ---Today, actually, as I woke up, I am feeling ok. It is weird, last night I thought I was going to die. I have a clear head and I think my body is adjusting but we will see tonight. I prayed for hearing God's voice more clearly, today.

PM – I am back and do feel tired again, but I am hanging. I am interceding for myself because I heard God tell me to pray for me.

Day 3

Wow, I feel great this morning. Etc, etc.....