



## FASTING Q&A

### **HOW DO I BEGIN? WHAT CAN I DO TO PREPARE FOR MY FAST?**

Before beginning a fast, think it through. Write down a plan so that you do not waiver or start justifying your appetite during the fast. Make a verbal commitment to the Lord. Start your fast with a committed heart. When the flesh tries to pull you away from the fast - PRAY - pray in the Spirit. Prayer plus commitment will make all the difference.

### **WHAT IF I CAN'T FAST?**

Fasting is a private discipline and not meant to be unattainable. Decide what is feasible for you to do, trust God, and make the effort to do your best.

### **WHAT CAN CHILDREN FAST?**

The best way to show your children the power of fasting is to lead by example. If they want to participate in fasting or if you want to have a family fast, consider giving up desserts. Or soft drinks. Or one item of food that would be a sacrifice to each of you. Now if they want to do without broccoli and they don't even like broccoli - giving it up wouldn't be a sacrifice for them. Just lead by example and they will understand. In addition to giving up an item of food, you could also give up television as a family and spend that time reading through our HFC Kids devo.

### **WHAT IF I HAVE A MEDICAL CONDITION?**

If your health condition prohibits you from fasting food, try fasting something else that would be a sacrifice or distraction for you and replace that time concentrating on prayer and Bible study.



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### **WHAT IF I START AND CAN'T FINISH OUT MY FAST...HAVE I FASTED FOR NOTHING?**

Seeking God through prayer and fasting is never a waste of time. When you make the effort, God takes notice. Just determine within your heart that you will pick it back up and finish strong!

### **I FORGOT AND ATE SOMETHING; DO I NEED TO RESTART?**

No, think of fasting as a marathon, rather than a sprint. Don't give up! If you fall down, get up and keep trying. Conquering "king stomach" is difficult, but you'll make it.

### **WHAT TYPE OF FAST ARE YOU GOING ON? DO I HAVE TO DO THE SAME FAST?**

Fasting is a private and personal discipline. Consider the types of fasts and select one that works for you. You don't have to go on the same type of fast as someone else to see God's hand at work.

### **DO I HAVE TO FAST FOOD? WHAT ABOUT TV, SPORTS, ETC?**

Fasting food is the traditional type of fast that is outlined in Scripture. However, a Soul Fast, is great too. It is beneficial to give up something that might have control in your life or be preventing you from experiencing spiritual growth. Replace that time with prayer and Bible study.

### **DO I CONTINUE TO EXCERCISE WHILE FASTING?**

Moderate exercise is good. But it is best to be safe as you may not have the energy needed to maintain a high level of exercise.

### **WHAT IF I HAVE A MANUAL LABOR JOB?**

If you have a job that requires you to expend a lot of physical energy, you may want to consider a partial fast that allows you to receive enough nutrition to perform your job.