



Guidelines for a Fast

1. If you take medication or have health problems, check with your physician before beginning a fast of any length.
2. Drink some juices or Gatorade to wean yourself off food for the first three days.
3. Drink distilled water with some juice or Gatorade if necessary. People with high metabolism may need some juice to keep blood sugar levels up. Avoid tomato, grapefruit, and other acidic juices.
4. Pray a minimum of one hour a day including Bible reading and meditation.
5. Come off fast with chicken noodle soup for first day or two. Then eat very light, easily digested food such as: applesauce, frozen yogurt, potato salad, and macaroni salad. Then move up to plain baked potato, baked chicken breast, and light green salad, with very light salad dressing. Gradually work up to heavy food over as long a period as you fasted. If you do a long fast and fasted 21 days, it should take you 21 days to get back to steak, pizza, and spicy foods. Try not to eat much between meals.
6. Fast and pray for:
 1. Your family and personal needs.
 2. Your church.
 3. Your city and nation.
 4. Your leaders.
 5. Make a list of all specific things you want God to do in each of these areas.
7. Come to the Week of Prayer meetings at Crossroads on Sunday January 6 to Thursday January 10 at 6:30 PM
8. Types of Fasts:
 - Fast all food and water (3 Days Maximum)
 - Fast food but drink water
 - Fast food but drink juices
 - Fast special food
 - Partial fast
 - Soul Fast

Here are some scriptures to help along the way:

Consecrate a fast; call a solemn assembly. Gather the elders and all the inhabitants of the land to the house of the Lord your God, and cry out to the Lord.
Joel 1:14

But when you fast, anoint your head and wash your face, that your fasting may not be seen by others but by your Father who is in secret. And your Father who sees in secret will reward you. **Matthew 6:17-18**

While they were worshiping the Lord and fasting, the Holy Spirit said, "Set apart for me Barnabas and Saul for the work to which I have called them." Then after fasting and praying they laid their hands on them and sent them off. **Acts 13:2-3**

And when they had appointed elders for them in every church, with prayer and fasting they committed them to the Lord in whom they had believed. **Acts 14:23**