Practical Tips for Fasting

When participating in a fast, it's a good idea to have a general plan of how you will spend your time. The Lord honors any sort of time that we set apart to grow closer to Him, and when fasts are practiced with *intentionality*, one can experience a rich time in the Lord. See these practical tips & suggestions that may enhance your time of fasting:

- **Understand that fasting is a tool to go deeper in relationship with God:** Fasting isn't a duty or means to gain approval—we are already approved by being in Jesus. Instead, fasting is a tool that tenderizes our hearts and opens us up to hear more of His voice.

- **Develop a Bible study action plan:** This may include reading a particular book of the Bible or studying a specific topic. More specifically, immersing yourself in topical study such as *the love of God, growing in intimacy with Jesus, or the knowledge of God* will help sustain your time in the secret place.

- **Saturate your time with mediation and prayer**

  - **Have a prayer plan** by writing out a simple prayer list, meditating on particular passages, and praying the apostolic prayers (view @ www.one27hop.com/about-the-prayer-room).

  - **Praying in the Spirit** will help keep your focus upward and your mind engaged with Who He is and what He is speaking (**Ephesians 6:18; 1 Corinthians 14:2**)

- **Journal your thoughts and revelations:** Writing down your revelations and God-thoughts is one way to log the Fathers' faithfulness, which can be recalled at a later date.

- **Refrain from over-indulgence of entertainment:** Refuse to be fascinated with lesser pleasures by turning off unnecessary TV and/or media for part or for the entire fast.

- **Develop life-giving accountability with other believers:** Fellowship with other believers is key to our journey and growth in the Lord.

- **Cultivating a spirit of thanksgiving** is key to renewing our minds as well as staying focused on His faithfulness.

— Another great resource is the Prayer Room Handbook —
view @ www.one27hop.com/about-the-prayer-room

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