



FASTING SAFELY

Fasting requires reasonable precautions. Consult your Doctor first, especially if you take prescription medication or have a chronic ailment before fasting if you are unsure.

- Medication should be withdrawn only with your physician's supervision
- Limit your activity
- Exercise only moderately
- Rest as much as your schedule will permit
- Prepare yourself for temporary mental discomforts, such as impatience, crankiness and anxiety.

Expect some physical discomforts, especially on the second day. You may have fleeting hunger pains, dizziness, withdrawal from caffeine and sugar this may cause headaches. Physical annoyances may also include weakness, tiredness, or sleeplessness. I would recommend drinking lots of water.

If you feel Nausea, irregular heart beat, dizziness, shortness of breath, or sudden, very extreme tiredness (2-3 days shouldn't be a problem). These are usually associated with long term fasting.

The first two or three days are usually the hardest. As you continue to fast, you will likely experience a sense of well being both physically and spiritually. However, should you feel hunger pains, increase your liquid intake.

When breaking do not break with a feast. Break with something light such as cereal, fruit and fruit juices. When having a main meal try to get a balanced diet to keep your nutritional sources up.

Biblical fasting draws us into a closer union with God. Whilst we deprive our bodies for the purpose of drawing near to God it is an act of humility in which you are saying to God you are my ultimate source of sustenance. Not food or things. Though we need them we need nothing more importantly in our life than You. So I deprive myself of those things, which I need to survive to remind me that I need You above all things to survive! As we decrease, He must increase, our flesh must decrease and our spirit must increase.