

Fasting for Beginners

Disclaimer: Please only fast if you feel it is safe for you to do so. Speak with your healthcare provider if you are not sure or on medication.

YOU GROW GIRL MOVEMENT



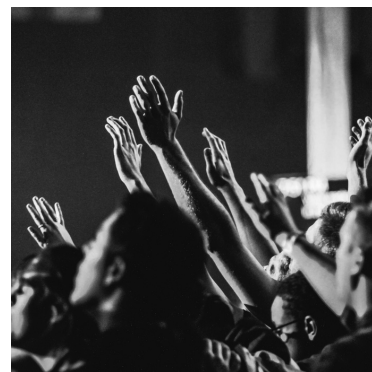
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Purpose of Fasting

Man shall not live on bread alone, but on every word that comes from the mouth of God. - Matthew 4:4

Many times in the Bible we see God's people turn to fasting to seek God's guidance, favor, and Will. There will be times we face circumstances where we need to desperately hear God's instruction on what to do. Fasting helps us focus our minds on God and prepares us to hear Him more clearly. When fasting, be sure to choose to fast from something that is meaningful to you and replace that time with being in God's presence through prayer, praise, worship, and reading your Bible.





Why and When

David therefore sought God on behalf of the child.
And David fasted and went in and lay all night on the
ground.- 2 Samuel 12:16

Before fasting have an objective and time frame. What are you fasting for and how long will you fast? People have fasted for favor, discernment, deliverance, financial or emotional breakthroughs, relational improvement, protection, forgiveness, overcome temptation, or to seek God's Will. Take time to pray and ask God what the objective of your fast should be.

Fasts do not have to last long. If you are just starting out with fasting it is recommended to start small. Fast from one meal a day. You can repeat this weekly until you feel comfortable fasting from two meals a day, then three. Go slow and if fasting from food isn't safe for you, choose to fast from something else such as social media or television.



17 Things to Fast From

So we fasted and petitioned our God about this, and he answered our prayer. - Ezra 8:23

Remember whatever you choose to give up should be replaced with spending time with God. Make a plan on what you will do in that time.

1. Food
2. Social Media
3. Alcohol
4. Sex
5. Complaining
6. Secular Music
7. Sleep/Naps
8. Television
9. Video Games
10. Gossiping
11. News
12. Spending Money
13. Profanity
14. Netflix/Hulu/Disney + (streaming apps)
15. Weekend Outings
16. Secular Podcasts
17. Secular Radio Shows