

Practical Ideas for a Day of Fasting

A common question people ask is, “Besides abstaining from food, what else should I do during the day that I fast?” Below are a few practical questions.

Suggestions for the Morning

How you begin the day will set the tone for your prayer and fasting.

- Begin the day in praise and worship
- Read and meditate on God’s word
- Invite the Holy Spirit to search your heart and life
- Confess your sin and repent before God
- Invite God to use you to influence your family, workplace, neighborhood and community
- Ask God to give you His vision for your life
- Ask God to empower you to do His will

Suggestions for the Midday

Lunch time may be the most significant part of the day. It may also be the hardest part of the day. With intentionality, it can become something you look forward to and merely something you make it through.

- Return to God in prayer
- Read and meditate on scripture
- Spend time in silence
- Journal what you are experiencing and what you are hearing from God
- Meet up with others who are also fasting and set your hearts on God together

Suggestions for the Evening

Don't just jump back into the normal routine at the end of the fast. Give yourself some time to reflect.

Spend some unhurried time with God reflecting on the day

Meet up with others and break your fast together

Avoid or limit outside distractions such as television or social media

Spend some time on your knees in prayer with your spouse, family or friends