

Helpful Hints for Fasting

I wanted to write a little note for those who are endeavoring to fast & pray - for strengthening the spirit & spending precious time with the Lord.

Brenda Smith

During some teaching we received a few years ago, it was mentioned to use boiled water & orange juice during a fast. I've found this extremely helpful. Boil your water, put in your favorite cup or thermos & let it cool just a little, then add regular orange juice. Not too much, maybe a teaspoon for 1 cup water. (orange juice goes a bit sour if you put in boiling water too soon.)

A juice fast also can be just fine. When fasting, we do need to keep lots of liquid in our system. The little boxed juices are great - ones WITHOUT sugar !

We need to do what works well for our situation. Fasting one meal is just fine but still drink lots of water. The Bible says we're to put oil on our head and wash our faces.

“When you fast, do not look somber as the hypocrites do, for they disfigure their faces to show men they are fasting. I tell you the truth, they have received their reward in full. But when you fast, put oil on your head and wash your face, so that it will not be obvious to men that you are fasting, but only to your Father, who is unseen; and your Father, who sees what is done in secret, will reward you.” Matthew 6:16-18

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In the back of one of Amy Carmichael's books " Learning of God" she has a list of helpful things for fasting. The third item on the list caught my attention:

3. Don't feel it necessary to pray all the time; listen. Solomon asked for a hearing heart. It may be that the Lord wants to search the ground of your heart, not the top layer, but the ground. Give Him time to do this. And read the Words of Life. Let them enter into you.

Regarding the enemy's onslaught against us. She suggests quoting scripture, "*...or sing, for the devil detests song. 'Singing ...in your heart' , 'singing ... to the Lord' - either or both are too much for him.*"

May the Spirit lead you as you spend time with Him.
" ... a setting of the will God ward is never a vain thing."

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