



## GUIDANCE FOR FASTING

- Please don't fast from food if you have an illness or feel unwell without speaking to your doctor. Don't fast from food if you are pregnant.
- Always drink plenty of water and fluids.
- Don't attempt prolonged fasts without medical guidance.
- If you decide to fast regularly, give your body time to adjust to new rhythms of eating. You may feel more tired on days you fast. Adjust your responsibilities appropriately.
- For a full day fast, begin after an evening meal and eat a light evening meal the next day. This way two, rather than three, meals are missed.
- Keep your Bible with you and allow periods for prayer when you place yourself in the presence of God.
- Allow space for praising and thanking God as well as bringing requests. Seek that God would draw close.