



## HUNGRY FOR GOD? Fasting Guide

God places great importance on our whole-hearted, earnest diligence in seeking Him. As He has always done, so today the Lord **hides** Himself from the casual, the half-hearted, and the insincere (Isaiah 45:15, 19). But, He has promised us this:

*Then you will call upon Me and go and pray to Me and I will listen to you. And you will seek Me and **find Me** when you search for me with all your heart. **I will be found by you**, says the Lord.*  
Jeremiah 29:12-14a

If you have questions about fasting, here are a few helpful guidelines:

**DRINK LOTS OF LIQUIDS** (Water, juice)

**DON'T EAT ANYTHING AT ALL** Nibbling is much more difficult than a straight fast, as it keeps your digestive juices flowing and makes you hungrier than a complete fast.

**GET EXTRA REST** Often in Scripture, we have examples of God speaking to people in dreams as well as during waking hours. If your spirit is “uncluttered” you will hear/sense the Lord more clearly while you are resting.

**SET ASIDE SPECIFIC PRAYER TIMES** Don't make the mistake of fasting *without* praying. Pray about specific concerns and desires.

**MEDITATE ON THE WORD OF GOD** Faith comes by hearing, and hearing by the Word of God—the Scriptures and the *rhema* words spoken to you by the Spirit.

**SEEK SOLITUDE** Often, we cannot sense the Spirit of God because our minds are so cluttered with the “busyness” of life. Spend time alone! *Quiet* time! Give the Holy Spirit a chance to penetrate your senses. Get alone with God.

**RADICALLY ADJUST YOUR SCHEDULE** Maximize opportunity to hear from God. Avoid *all* television and entertainment. Totally clear your social calendar and devote those three days to meditation.

**MAXIMIZE THE POTENTIAL TO “WEAKEN THE FLESH”** Yield yourself completely to spiritual things. When your stomach growls, instead of yielding to *that* appetite, incline your heart to the Lord and pray for a greater “hunger and thirst for righteousness” (Matthew 5:6). Allow the weakening of your physical strength to direct your attention to your real spiritual condition, and pray to “be strong in the Lord, and the power of His might” (Ephesians 6:10)

Fasting is intended to be a radical expression of our realization that we *desperately need the Lord*, and are serious in seeking Him. It's a great way to “humble ourselves before the mighty hand of God” (1Peter 5:6), repent and ask for forgiveness, rearrange our priorities, and “break up the fallow ground” of our hearts to prepare ourselves to receive the revelation of the Spirit of God.

**Note:** Those who have health concerns or take medication should follow the advice of their physician.