

TYPES OF FASTS

HOW TO BEGIN

Seek God for guidance if you have health challenges.

Ask yourself the following questions:

1. Did I anoint my head and wash my face that I appear not unto men to fast, but unto my Father, which seeth in secret?
2. (Be confident in this very thing: We at KAINOS are offering to God, in the beginning of the New Year, our bodies as a living sacrifice in Fasting.) Is my desire to fast God-given? Because if instructions of Prayer and Bible reading are not followed YOU ARE JUST SKIPPING A MEAL!
3. Are my motives right? Is there any hidden desire to impress others?
4. What are my spiritual objectives in this fast? Our spiritual objective in this fast is-Personal sanctification or consecration-TO DRAW CLOSER TO GOD. THUS RENDERING US POSITIONALLY FOR 'THE DOUBLE'.
5. Do my objectives tend to be self-centered? Is my desire for personal blessing balanced by genuine concern for others? Am I looking not only to my own interests, but also to the interests of others?
6. Am I determined above all else to minister to the Lord in this fast?

The body grows accustomed to fasting by degrees, each day of fasting will render flesh more submitted to the Will of God. When you have managed one day of the fast without feeling faint or famished, not hungry, your inner man has been strengthened and BREAKTHROUGH INTO INCREASE has come!

Our time has been designated to fast. Do not indulge yourself by overeating in an effort to ease the fast. Our fast is for more than one day, it is a good idea to have fresh fruit on the last day before fasting. This insures that the last meal left in the bowl is fruit, which breaks down easier than other food residues. This aids in the cleansing and elimination process.

satan is well aware of the value and power of fasting, so he will do everything to get you to break your fast launching every attack he can. Discouragement is one of his weapons. Guard against it by maintaining a spirit of praise and thanksgiving. Read through Ephesians chp. 6 and avail yourself of the whole armor of God. Make use especially of the shield of faith to quench all his flaming darts. Use the sword of the Spirit, and tell satan, "It is written...greater is He that is within me than he that is in the world."

This information is not given as the rules and regulations that govern fasting, but only in an ongoing effort to keep in alignment with the WORD that says 'seek wisdom and understanding in all things'.

HOW TO BREAK THE FAST

To break a fast of only a day or two presents no problem. It is most important, however, that we should understand the rights and wrongs of breaking our longer fasts and to avoid considerable pain and discomfort. During prolonged fasts the stomach has been slowly shrinking, so that by the end of the fast it has nothing like it's previous capacity for food, and the smallest quantity of food makes one feel surprisingly full. Secondly, the organs in the body that are usually engaged in assimilating food goes in to a kind of sleep which becomes deeper and deeper as the fast is prolonged. Because of these two facts, the utmost care should be exercised as to how much you eat, what you eat, and how you eat it. The stomach must be given time to return to normal size. The digestive organs also must be gently and progressively caressed into wakefulness and efficient activity. Some reports say it is a good idea to break your fast with fruit or vegetable juices. This may well be the case in lands where oranges and grapefruits are picked ripe. But where they are imported the fruit is picked unripe and the juice can often be too acidic for many stomachs. Apple, tomato or grape juices are possible alternatives, or pure citrus juices canned. Start at first with a small quantity. Personally, soup works for me.

Fresh salads (without dressing), homemade vegetable soups (no fats), and cooked vegetables may then be included in the diet, always starting with a little of everything and building up gradually. A little crisp bread or toasted whole-wheat bread with a scraping of butter may next be eaten with the meals, but cakes, pastries and cookies should be avoided. Go very steady on the starchy foods at this stage. Protein is best introduced first in the form of cheese, eggs or nuts, with fish, and meat last of all. Just how quickly you increase your diet in variety and quantity depends on how you find the body succeeds in coping.

It is of the utmost importance that the food be eaten slowly, and chewed very well, that it is reduced to liquid at swallowing. At the first sensation of fullness in the stomach you should stop, even if you haven't completed your portion. Discomfort following a meal should be regarded as a signal to ease off, and if necessary, miss the next meal.

It is important to rest as much as possible during this period so as to let the body concentrate on the business of digestion and assimilation. To sum it up, watch your quantities, eat slowly and chew well, stop at the first warning sign. Rest as much as possible. Don't try to do too much too soon.

Give thought and prayer to your future diet and eating habits. Try not to return to the old ways of overeating, eating between meals, or eating the wrong foods.

Finally, you cannot afford to relax spiritually during this breaking of your fast period, for the thief will still be on the prowl. Beware of what comes out of your mouth! This should be a time of consolation, when you get right through prayer on matters that God has revealed to you.

You should begin to see the fruit of this time set apart for God, with blessings rebounding not only on your own head but also on those for whom you have been interceding. Thus, like your Lord and Master, return from your fasting wilderness "in the power of the Spirit," expecting that the works of and the graces of Christ will manifest in you, as they were in Him.

"Truly, truly I say to you, he who believes in Me will also do the works that I do, and greater works than these will he do, because I go to the Father. Whatever you ask in My name, I will do it, that the Father may be glorified in the Son," Jn. 14:12, 13.

ANSWERS TO PRACTICAL QUESTIONS

1. Are there some illnesses or conditions that render fasting inadvisable? In cases of serious undernourishment or nervous exhaustion, fasting is not recommended unless for very short periods. It should not be undertaken by diabetic patients, especially if insulin is being taken nor is it deemed advisable for expectant mothers unless you are very, very, very sure God has said it is okay. In other cases of more serious illness seek God and your doctor.

2. If I get caught up in my daily routine and eat something by mistake, or if I give in to temptation should I continue my fast? Absolutely! The enemy will tell you God won't honor your fast but God looks upon the heart. Don't use this as a crutch though.

3. How much water should one drink during a fast? It is good to drink lots of water. This aids the process of elimination by flushing the system. It is better to let the body determine how much to drink. Also, be honest with yourself whether you are drinking for thirst or to get full.

4. What if I have to eat food when I take my medication? Food, not a meal. If your prescription only calls for just a small quantity maybe you can just eat a couple of unsalted saltine crackers. Check with your doctor to see if that would be sufficient.