

PRACTICAL TIPS FOR PRAYER AND FASTING

- During the first few days, do not ask God for anything. We often have a wish list and desire material things. However, seek to understand and experience the love of God. Praise, worship and adore Him.
- Repent of your sin. (Psalm 66:18-20; Isaiah 59:1-2)
- Intercede for others (loved ones, friends, church, community and the world).
- Boldly present your requests before the Lord. He is aware of your problems, knows your needs and will help you. (Philippians 4:6-7, 19)
- As you embark upon this period of prayer and fasting, God is patiently waiting to commune with you. Don't spend all your time in front of the television. Take time each day to read, study and meditate in His Word. You will become more sensitive to His voice and better able to discern His will and gain direction for your life.
- Drink plenty of water while you fast.
- Use wisdom when your fast has ended. Some people gorge themselves with food after they fast. They eat all the food they had given up (and then some). Instead, use the opportunity to develop better, healthier eating habits.

Fasting Schedule
<i>Morning</i>
<ul style="list-style-type: none"> • Begin your day with praise and worship. • Read and meditate on God's Word, preferably on your knees. • Invite the Holy Spirit to work in you to do His good pleasure according to Philippians 2:13. • Pray for His vision for your life and empowerment to do His will.
<i>Noon</i>
<ul style="list-style-type: none"> • Return to prayer and God's Word. • Take a short prayer walk. • Spend time in intercessory prayer for national, state, and community leaders, the world's millions, your family, or special needs.
<i>Evening</i>
<ul style="list-style-type: none"> • Get alone for a time of "seeking God's face." • If others are fasting with you, meet for prayer. • Avoid television or any other distraction that may dampen your spiritual focus.

BETHANY'S GUIDE TO THE LENTEN FAST

The Preparation Period

Days 1-2 Prayer: Water, natural juices, herbal teas. **Eliminate** meat, seafood, poultry, processed and fried foods, sugars, caffeine products, breads and grains. Reduce salt.

The Fasting Period

Day 1 Prayer: Water, natural juices only. **NO FOOD!!**

Days 2-4 Prayer: Water, natural juices, herbal teas. Meatless soups, creamed soups (made with skim milk), soups made with bean or rice.

Days 5-11 Prayer: Water, natural juices, herbal teas. Add salads. Add seafood for protein (not fried).

Days 12-40 Prayer: Water, natural juices, herbal teas. Meatless soups, creamed soups (made with skim milk), soups made with bean or rice.

Breaking Your Fast

Day 1 Prayer: Water, natural juices, herbal teas. Meatless soups, creamed soups (made with skim milk), soups made with bean or rice. **ADD** fresh fruit, leafy vegetables.

Day 2 Prayer: Same as Day 1. **ADD** fish.

Day 3 Prayer: Same as Day 2. **ADD** poultry and starchy vegetables.

Note: *If you are under a physician's care, taking prescribed medication or have other physical limitations, please check with your physician before starting this fast.*