

KNOW WHAT TO EXPECT

Physically:

- When you fast your body **detoxifies**.
- This can cause physical discomforts, especially on the second day.
- You may have fleeting hunger pains or dizziness.
- A lack of caffeine and sugar may cause headaches.
- The first **two or three days are usually the hardest**.
- However, should you feel hunger pains, increase your liquid intake.
- Prepare yourself for temporary **mental discomforts**;(impatience, crankiness, anxiety)

Tips:

- Speak to your doctor before beginning your fast.
- Limit your activity and exercise only moderately.
- Rest as much as your schedule will permit.
- Remember you should be feeding the spirit, not sitting in a miserable state.

Expect Results Spiritually:

- As you enter this time of heightened spiritual devotion, be aware that Satan will do everything he can to pull you away from your prayer and Bible reading time.
- When you feel the enemy trying to discourage you, immediately go to God in prayer and ask Him to strengthen your resolve in the face of temptations.
- **The enemy makes you a target** because he knows that fasting is the most powerful of all Christian disciplines and that God may have something very special to show you as you wait upon Him and seek His face.
- Satan does not want you to grow in your faith, and will do anything from making you hungry and grumpy to bringing up trouble in your family or at work to stop you.
- Make prayer your shield against such attacks.

Isaiah 58:6; 8-9

Is not this the fast that I have chosen to loose the bands of wickedness, to undo the heavy burdens, and to let the oppressed go free, and that ye break every yoke? Then your light will break out like the dawn, And your recovery will speedily spring forth; And your righteousness will go before you; The glory of the Lord will be your rear guard. "Then you will call, and the Lord will answer; You will cry, and He will say, 'Here I am.'

Results of Fasting:

- Healing (Marriage, emotions, physical)
- Holiness (Not perfection, you life goes back on the right path)
- Protection
- Answers