

Fasting Tips

Every year as believers, the church starts by consecrating or tithing their first month of the year in the form of a fast. Fasting should always be included in the life of a child of God. Fasting has many forms. In short, fasting is the practice of giving up something our flesh wants and enjoys for the sake of enhancing our relationship with God and our ability to hear from Him.

Fasting has many forms as previously stated. The most common type includes abstaining from certain types of food for a designated period of time. Done the right way, fasting can be a healthy practice.

During the fast it is important to remember:

- ☛ To stay hydrated; consume at least 48-64oz of fluid per day
- ☛ To consume foods lower in salt and sodium, 2000mg daily
- ☛ To consume healthy sources of protein (fish, eggs, lean red meat, lentils, legumes, protein powder)
- ☛ To consume fibrous foods fresh fruit, vegetables, whole grains at least 25-30gm of Fiber daily
- ☛ Consult Physician to supplement vitamins and minerals lost during fasting
- ☛ Consult physician before starting fast or making any changes to medication, timing, dosage or scheduling.