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How to do 40 days fasting prayer

“But the days will come when the Bride will be taken away from them, and then they will fast.” — Matthew 9:15 “Fasting begets prophets and strengthens strong men. Fasting makes lawmakers wise; it is the protection of the soul, the body’s trusted companion, the armor of the champion, the training of the athlete.” — Basil, Bishop of Caesarea (AD 330–379) “Fasting... opens the way for the expulsion of the Spirit and the restoration of the house of God. Fasting at this age of the absent Bride is waiting for your return. Soon there will be the midnight cry, ‘Behold, the groom! Come and know him». It will be too late to fast and pray. Time is now.” — The fast chosen by God, Arthur Wallis There has been a rebirth of fasting in recent decades, as God calls His people fast regularly as part of a normal Christian lifestyle. We must prepare ourselves adequately so that fasting may honor God and fulfill its purpose. Below is a general overview of the previous biblical and guidelines for the wise fasting to help you and encourage you. Fasting is biblical The practice of regular fasting as normal Christian behavior was taught by Jesus (Mt 6:16-17, 9:15), exercised by the initial church (Acts 13:2), and was the regular discipline of believers throughout the history of the church. Fasting practice in Scripture usually includes, but is not limited, abstinence from food (Dan 10:3) and can be engaged in to varyfor no more than a few days at a time. To refrain from all food for long periods of time is biblical, but it was rare and unusual in Scripture (Ex 34:28; 1 Kgs. 19:5-8; Lc 4:2), and therefore should never be taken without advice and appropriate supervision. The same standard applies to a fast absolute (fast Esther—without food or water for three days) of any duration (Ex 4:16). The maximum length of an adult fast that is biblically supported is forty days without food for a healthy male adult, and three days without water. The Bible does not speak of children who engage in fasting. Fasting is always voluntary Although spiritual leaders can invite others to join the corporate fasting with a specific goal in mind and for a specific time, fasting can never be forced or made mandatory. In light of this, fasting is not a mandatory obligation to join the staff at the International House of Prayer, but we promote it and encourage it as a biblical and historically tried way to place our heart to receive more of God’s grace in the context of commitment to prayer and the Word (Joel 2:15). The level in which a person engages in fasting (especially food) must be determined according to age and regarding any physical limitations. Those who have a physical disability or a known or suspect disease, or those with any history of a food disorder, should never be fast, except in consultation with, and under supervision of, a qualified doctor. Pregnancy ormothers should not have fast food or drink as it could negatively affect the health and development of their child and their personal health. minors/children are discouraged by fasting and should never engage in fasting without express consent and supervision of parents. Minors wishing to fast are encouraged to consider non-food abstentions, such as tv, film, internet surfing, video games and other entertainment. If older teens do fast food under the supervision of their parents, we encourage them to use protein juice and drinks to support them, out of consideration for their health and their metabolism. Fasting participation regularly in regular fasting as a lifestyle requires a healthy lifestyle on days when food is not fasting, and should include exercise and a proper diet. a “fast” lifestyle is a disciplined lifestyle, in which we guide our bodies and time with wisdom and diligence. fasting is not only abstinence; It is an exchange in which we refrain from certain things to “make” the word and prayer of God, so the abundance of his grace is made more readily available to us. when it was undertaken with this kind of commitment, a fasting lifestyle is sustainable in the long term, as it was for daniel and his friends (dan. 1.) the advantages of fasting while the physical impact of fasting is real, the spiritual benefits of fasting are undeniable. every fast undertaken must be done with the spiritual heart and wisdom when it comesour physical body; we must count the cost honestly and honor the temple of the Holy Spirit. Whether we are taking or abstaining, everything should be for the glory of God. Prepare Physically for a Fast Extend More than Two Days Prepare your body for fast and prevent constipation during and after fast eating some preventive foods at least two days before (even longer before an extended fast.) such as: fresh fruit and raw vegetables, juices or vegetables, oatmeal, etc. Eat smaller meals a few days before fast. Avoid fatty foods and sugars before fast. Engage and determine the length. You can fast in many different ways. Pray, and ask God what He will give you faith in terms of the duration of fasting. A fast Daniel, with vegetables and water, is good for those carrying a heavy workload. A fast fruit or vegetable juice allows you to enter fast but still gives enough energy to work. Many people have made a 40-day juice fast. If you have sugar sensitivity or problems (e.g. diabetes,) consult your doctor before attempting this (or any other) fast. A rapid only water was undertaken by many people. We do not encourage it without strong medical supervision, especially in the case of young people. Depending on the weight and metabolism, you can go forty days on water alone. A fast total is without food or water (all liquids.) Never go over three days without water. Discuss your plans withdoctor, ecclesiastical leader and spouse or parents. we do not encourage the kind of fasting that takes place from all liquids without specific confirmation from the gentleman through your church guide or parents/spouses, etc. useful tips for your fast (physical) drink a lot of water. (drinking at least half of body weight in ounces of water per day is a good thumb rule if you are fasting or not.) it is wise to refrain from strong stimulants such as drinks containing caffeine and sugar during fasting, including artificial sweeteners found in diet drinks. Besides, avoid protein drinks of soy, which were known to cause health problems during a fast. if you are on a fast juice, drink raw fruit juices such as apple, grapes and pineapple, which are excellent natural sugar sources necessary to stabilize blood sugar and maintain energy levels. orange juice and grapefruit are also good, but are not recommended for arthritis or allergy patients. monitor the acidity of the juice carefully as it can cause canker wounds (mouth ulcer.) raw vegetable juices such as carrot, celery, beetroot, or green vegetable combinations are excellent as well. Fresh fruit and vegetable juices can be made in a juice extractor or purchased ready-made (make sure to buy juices without added sugar.) some of the advantages of drinking raw juice against bottled are that it does not stimulate digestion (hunger) and maintains all its enzymes and nutritional value. expect some physical disorders due toprocess, especially the second day. you can have hunger pains or dizziness. withdrawal from caffeine and sugar can cause headaches, but it is a part of the detoxification process. physical disorders may also include fatigue, fatigue, nausea and drowsiness. during a fast, four main areas of the body are going through a detoxification process. take care to participate in each of these: le viscere/colon/grande intestine: during a three-day fasting or more, taking a herbal laxative (see at your local health shop) or an enema before going to bed will help eliminate solid waste products; these can cause headaches and slowness if left in the body during a quick. this should be done early during the fast and then intermittently during the rest of the fast. the body begins to detoxify during a fast, depositing toxins in the intestine. If you do not take a laxative or an enema, toxins can damage the intestine or reabsorb in the bloodstream, making it feel nauseating. kidneys: drinking juices, vegetable juices, broth, or just a lot of water will remove many toxins through the kidneys. lungs: if the force allows, walks half an hour during the day to help clean the lungs. also take a little deep breath during the day inhaling through the nose and exhaling through the mouth. skin: since a third of the waste products eliminated during a fast are removed away the skin, the proper bathroom is essential. use a natural bristle body brush or sponge on the skin before bathing, to help clean the skin. Useful tips for your fast (Spyritual) Search advice and permission before fasting. Look for medical advice before fast, especially if you have any medical concerns or existing conditions. If you are under 18 years of age, discuss your desire to fast with your parents. Spiritual coverage, submission and unity are important factors in fasting. Discuss your plans with your church leaders. Remember, fasting is a heart attitude! Ask them if they consider fasting with you. Fast and pray to humiliate you and purify your worship. In fasting we are not trying to get something from God, but trying to realline the affections of our hearts with His. In fasting we can say more easily: “We love you, Lord, more than anything in the world.” The lust of any kind is perverse worship, but fasting allows us to purify the sanctuary of our hearts from every other rival. Don’t brag about your fast. Let people know that you will not eat only if necessary (Mt 6:16–18). Fast with someone else. Two are better than one! We encourage parents and children to consider fasting together. Several generations fasting together has a strong impact. Have a clear goal as your prayer attention. Without a vision (a clear and prophetic prayer goal), the people perish. Write your vision, so you can run with it (Ab. 2:2). Take time to pray and read the Word. This may seem obvious, but frenzy and distractions canyou from devotions. Reading books with testimonies of victories earned through fasting will also encourage you. Disfigure history through the prayer and fasting of Derek Prince, Lou Engle’s Fast Forward, and the fast chosen by God by Arthur Wallis are just some of the books on fasting that are available. Expect to hear the voice of God in the Word, dreams, visions and revelations. Daniel prepared to receive revelation through fasting (Dan. 10:1–2). There is a fast reward (Mt 6:18). Prepare for opposition. The day of your fasting you can bet that donuts will be in the office or in the classroom. Your spouse (or your mother) will suddenly be inspired to cook your favorite meals. Press. Many times you can feel more tension build at home. Satan tried Jesus quickly, and we must expect the same. Discord can come as an allusion, but recognize the source and take a position on Christ’s victory. If you fail, don’t give in to the conviction. The dilemma “to fast or not to fast” can be an important tool of the enemy. Even if you can fail several times, God always extends grace. Just press the “elimina” button and continue on your fast. Feel free to rest a lot and continue to exercise with supervision. Breaks often come after a fast, not during it. Don’t listen to the lie that nothing is happening. It is our belief that every fast done in faith will be rewarded. How to successfully break your fast break gradually. At this point you will beto exercise careful control. quickly break on a meal that is light and easy to digest (i.e. a kilo of grapes, a chopped apple, a watermelon, or steamed vegetables.) when a ten-day fast breaks or more, the breakup period should be extended one day for every four-day fast. a fasting of three days or more should never be broken by eating a normal meal (including animal proteins, bread, sugar, dairy and processed foods) because these heavy foods put a strong tension and a shock on the digestive organs that rested during fasting. eating too heavily after fasting can produce severe discomfort (cake, nausea and weakness) and can cancel the physical benefits of fasting; may also cause serious irreversible complications or even death. after breaking a fast prolonged, continue drinking fruit or vegetable juices because the stomach continues to detoxify. during any quicker than two days, the stomach shrinks. Don’t overdo it again, exaggerating. If you were prone to eating too heavy, the guard against returning to this habit. If you train to eat lighter, your stomach will adapt accordingly. continue drinking juices or vegetables, add the following: 1-3th day after fasting (increases the amount of days for the fast extended:) eat only raw/steam fruits and vegetables. example of meals for the first days are a pound of fruit, an oven potato or boiled without butter, steamed vegetables,a vegetable salad alone without seasoning based on oil. Avoid bananas for the first days; do not have juice in them and can easily cause constipation. Later, you can return to heavier foods like animal proteins, but maintain a healthy diet after the fast will promote health throughout your life and will allow you to quickly properly in the future. Take care of breaking a water quickly. Start with drinking fruit or vegetable juices and gradually facilitate to eat fruit and steamed vegetables. It is important after a fast to start discerning between real hunger and desires so as not to feed the cravings. Important medical information Years of fasting incorrectly can cause permanent physical damage to your body. These negative effects do not usually feel at a young age, but accumulate after years of fasting. In their zeal, some people started fasting extremely before they understood how fast physically affects the body; increase your understanding and take care of your body while both fasting and eating ensure your ability to live fast lifestyle for many years to come. Pregnant or breastfeeding mothers should never fast all food and/or drink, since fasting could be very dangerous for the development and health of their child, and their personal health. Pregnant or nursing mothers could engage in fasting types as renouncing certain types of food. However, women who are nursing or pregnant must always maintain a balanced diet. Any kind of fastingleads to detoxification could be dangerous to the child as toxins can affect the child through the mother’s milk or her bloodstream. People who have struggled with food disorders in the past should undertake any fasting with wisdom and caution. Fasting should not be used as a reason for weight loss; it is important to return to the “normal” eating healthy after a long fast (as described in the previous section). If you have a diagnosed disease and/or are taking prescription medicine, fasting should only be done under the direct supervision of a doctor or doctor. Some people have fast problems and become extremely hungry, dizziness and nauseated because they did not diagnose low blood sugar, so they should drink juices and vegetables to help maintain stable blood sugar during short fastings. If the juice contains too much sugar for your system, dilute it by 50 percent with water or drink a “green drink” (made by juicing carrots, celery, spinach and parsley). If these or any symptoms persist, you should stop fasting and seek immediate professional help from a doctor or health professional. If you have digestive problems after breaking a fast (for example, diarrhea), mix a cup of unsweetened apples with a cup of cooked whole rice. This should stop the diarrhea. In addition, take digestive enzymes (see your local health shop) to help the digestive transition of the stomach. This delivery is only for information purposes Information in thisreflects only the limited opinions, the experience and suggestions of IHOPKC and is not intended to replace the advice provided by the doctor or other healthcare professionals. You do not need to use this information for the diagnosis or treatment of a health or disease problem, or prescription of any medication. Furthermore, this information is not intended to diagnose, treat, treat or prevent any disease. These tips have been found to be useful and successful, but are not guarantee that it will fast without experiencing any difficulty. You will have to do your research, speak with health experts and those who have lived in fasting, and continually ask the Lord for greater discernment and wisdom regarding fasting and healthy life. Download Fasting Guidelines » More resources on fasting and healthy life Fasting rewards Mike Bickle and Dana Candler Fast Forward, Lou Engle Shaping Story through prayer and fasting, Derek Prince The Genesis Diet, Dr. Gordon Tessler God’s Chosen Fastfree, Arthur Wallis Hunger for God, John Piper www.bitobright.com/how »

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