

## **Tips for Fasting**

### **Tip #1—Preparing Yourself Spiritually**

As you enter into a season of prayer and fasting, take time to prepare the ground of your heart. As the very foundation of fasting and prayer is repentance, unconfessed sin will hinder your prayers and make you insensitive to the voice of the Holy Spirit.

*“Sow for yourselves righteousness, reap the fruit of unfailing love, and break up your unplowed ground; for it is time to seek the Lord, until he comes and showers righteousness on you.” Hosea 10:12*

Here are some practical steps that you can take to begin your season of fasting and prayer with a prepared heart:

During a time of prayer, ask the Holy Spirit to bring to your mind any unconfessed sins. (Psalm 139:23,24)

Humbly confess every sin that the Holy Spirit brings to your remembrance and receive God’s forgiveness by faith. (1 John 1:9)

Seek forgiveness from all whom you have offended and forgive and release all that have offended you. (Mark 11:25; Luke 11:4; 17:3,4)

Make amends where possible and as the Holy Spirit leads you. (Luke 19:8)

Ask God to continue to give you “more” of the Holy Spirit. Ask Him to give you the grace to hunger for more of Him as you offer yourself during this time of consecration. (Matthew 5:6)

Surrender your entire life fully to the Lordship of Jesus Christ. Renounce your allegiance to any other gods (strongholds, habits, hobbies, or desires that are not Christ-like) and confess that only Jesus Christ shall have dominion over you. *“O, Lord, our God, other lords besides you have ruled over us, but your name alone do we honor.” Isaiah 26:13*

Meditate on the attributes of God, His love, sovereignty, power, ability to heal and deliver, wisdom, faithfulness, compassion, grace, mercy and others. Use your Bible concordance to locate Scriptures for meditation. (Psalm 63:6)

Do not underestimate spiritual opposition. Take opposition as a sign that you are making headway. Daniel 10:12-14

Begin your time of fasting and prayer with an expectant heart (Hebrews 11:6).

**(Information taken from 7 Basic Steps to Successful Fasting and Prayer, by Bill Bright)**