

# FIVE STEPS TO YOUR SUCCESSFUL FAST:

1. **PRAY** – before you fast, seek the Lord through prayer and ask Him to show you the purpose for your fast. Dedicate this time to Him and invite Him to lead and direct you during your fast.
2. **PLAN** – you will want to select your start date, establish the Purpose for your fast and clear your calendar of as many obligations as possible.
3. **PREPARE** – taper off caffeine, sugar and processed foods to avoid withdrawals when you begin your fast. Gather study materials, create a daily schedule, collect recipes and plan one week's menus before you begin your fast.
4. **PARTICIPATE** – this is where it all begins...you participate in the fast. Examine yourself as you fast and use this valuable experience as a time of learning and growth.
5. **PRAISE and PROCESS** – You will gain valuable lessons on the fast that you will want to carry forward into your everyday life. Thank God for the good things you've received during your fast and evaluate your experience so you can grow from this amazing experience. Remember to be led by the Holy Spirit!