

Guide to Your First Fast

"You will seek me and find me when you seek me with all your heart." — Jeremiah 29:13

Why fast?

Fasting temporarily sets aside food (or another regular comfort) to focus more fully on God — it's not a hunger strike aimed at God, but a way of saying "I want You more than this."

Practical guidelines

- Start small — consider skipping one or two meals before attempting a full day.
- Replace the time you'd normally eat with prayer or Scripture reading.
- Drink water throughout, and break your fast gently, not with a large meal.
- Tell someone you trust so you have accountability and safety.

Safety note

If you have a medical condition, are pregnant, or have a history of disordered eating, talk to a doctor before fasting, and consider fasting from something other than food (e.g., media, entertainment) instead.