

Preplanning Fast

What's a Fast?

Fasting is often described as abstaining from food for a certain amount of time. Our purpose will involve abstaining from food, but for the purpose of learning more about God. We will remove from our schedule any unnecessary activities and comforts while adding in a steady focus upon God's character. For a time (durations vary) we will eat only what the body needs and eat it in a way that blesses the body ([Click here for ideas](#)).

Righteousness is simply doing right as God would have us do right. How would God want us to eat? What activities did Jesus and the Apostles do? As we participate in our Fast, we ought to seek out such understandings. We ought to think about what it was like for our leaders Christ and Biblical authors when they went through a Fast and try to get a sense through our experience more about that.

Some helpful ideas for our Fast.

- ~ Avoid perfection - what we do is less important than how we do it. Let's not get hyper focused on the doing, but instead the experiencing.
- ~ Begin and end with a self-evaluation of mood and attitude. Note any changes from the experience.
- ~ Eat more healthy as stated above.
- ~ Limit electronics as much as possible - anything run by electricity. Jesus did not post online or stream content.
- ~ Do some walking, hiking, and spending time with nature. Pay attention to God's creation around you.
- ~ Do the Fast with someone else or at least work with someone as you Fast to collaborate about the experience. Discuss the Fast with someone who understands this Fast experience and purpose to help stay true to the goal.
- ~ Pray often for more insight into God's character. Meditate with an open mind to get a sense of a couple of Godly character traits to focus upon for the creation of your plan.
- ~ Do an examination of your schedule. Here is a layout to help. There are 16 slot times providing 8 hours of sleep each night. Try to just write in what you normally do during each time slot. Doing this along with our Fast can really help us see more clearly how we use our time and gain some ideas on how we can create a plan for our spiritual development.
- ~ Use the site www.inwardauthority.com for insights and reflections

Times	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

Remember, the goal is to keep this a simple experience, avoid perfection, and learn through experience more about God.

More ideas:

- Compassion - write a sincere and honest letter to someone sharing love.
- Serve at a charity in a way no one you know will know about.
- Confess wrongs and make right some wrongs.
- Look for good in others who may be irritating you.
- Read the Bible and pay attention to instructional language
- Guard against self manipulation or dishonest thinking
- Write down character defects learned from the Fast and their opposite virtues