

# How to Break Your Fast



When your designated time for fasting is finished, you will begin to eat again. But how you break your fast is extremely important for your physical and spiritual well-being.

## End Your Fast Gradually

Begin eating gradually. Do not eat solid foods immediately after your fast. Suddenly reintroducing solid food to your stomach and digestive tract will likely have negative, even dangerous, consequences. Try several smaller meals or snacks each day. If you end your fast gradually, the beneficial physical and spiritual effects will result in continued good health.

Here are some suggestions to help you end your fast properly:

- Break an extended Daniel Fast by slowly adding breads or different small portions of meat to your diet. If you have not had coffee reintroduce small amounts at first. Do not go overboard.
- *Second day:* Add more starches to your diet, small portions; no butter or heavy seasonings.
- Gradually return to regular eating with several small snacks during the first few days. Do smaller portions at first. **Do not gorge immediately.**

## **A Final Word**

### **Expect Results**

If you sincerely humble yourself before the Lord, repent, pray, and seek God's face; if you consistently meditate on His Word, you will experience a heightened awareness of His presence (John 14:21). The Lord will give you fresh, new spiritual insights. Your confidence and faith in God will be strengthened. You will feel mentally, spiritually, and physically refreshed. You will see answers to your prayers.

A single fast, however, is not a spiritual cure-all. Just as we need fresh infillings of the Holy Spirit daily, we also need new times of fasting before God. A 24-hour fast each week has been greatly rewarding to many Christians.

It takes time to build your spiritual fasting muscles. If you fail to make it through your first fast, do not be discouraged. You may have tried to fast too long the first time out, or you may need to strengthen your understanding and resolve. As soon as possible, undertake another fast until you do succeed. God will honor you for your faithfulness.

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### *How to Experience and Maintain Personal Revival*

1. Ask the Holy Spirit to reveal any unconfessed sin in your life.
2. Seek forgiveness from all whom you have offended, and forgive all who have hurt you. Make restitution where God leads. Ask the Lord to search and cleanse your heart daily.
3. Praise and give thanks to God continually in all ways on all days, regardless of your circumstances.
4. Refuse to obey your carnal (worldly) nature (Galatians 5:16,17).
5. Surrender your life to Jesus Christ as your Savior and Lord. Develop utter dependence on Him with total submission and humility. Hunger and thirst after righteousness (Matthew 5:6)
6. Love God with all of your heart, soul, and mind (Matthew 22:37).

7.Appropriate the continual fullness and control of the Holy Spirit by faith on the basis of God's *command* (Ephesians 5:18) and *promise* (1 John 5:14,15).

8.Read, study, meditate on, and memorize God's holy, inspired, inerrant Word daily (Colossians 3:16).

9.Pray without ceasing (1 Thessalonians 5:17).

10.Start or join a home or church Bible study group that emphasizes revival and a holy life.

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