

Ten Practical Steps to Fasting:

Step 1: Know the Goals of Your Fast.

Step 2: Determine the Type of Fast.

Step 3: Ask the Medical Questions.

Step 4: Schedule Your Fast.

Step 5: Schedule Your Prayer.

Step 6: Eat Healthily Before and After.

Step 7: Begin with Confession, Dedication, and Prayer.

Step 8: Journal.

Step 9: Expect Some Side Effects.

Step 10: End with Thanksgiving.