

Some quick basic tips for starting your fast:

1. Make a personal fasting calendar that fits your convictions and level of experience with fasting. When we plan what we are going to do and how we are going to do it, we position ourselves to finish strong.
2. Make an effort to disconnect from the “noise” that is a normal part of daily life. Television, newspapers, Twitter and Facebook are not bad in and of themselves, but they can be a distraction. If at all possible try to limit their use for the next 21 days so you can give full attention to the voice of the Holy Spirit.
3. Keep your fridge and pantry stocked with the items you need. Being unprepared to fast sets you up to give into temptation.
4. Set aside a time each day (the morning works best for most people) to read your Bible and the Awakening 21 day devotional. Find a quiet spot where you can be alone, and write down your own reflections and the things God shows you as you pray and read.
5. Don't make a long laundry list of prayer needs. Write down just two or three things that you are focusing on during these 21 days and pray for them daily.
6. Make it a priority to attend church over the next 21 days. Being around other believers will encourage you to keep on going when fasting gets difficult.
7. If you are fasting with a group, you may want to do a weekly small group together based on the AWAKENING 21-Day Devotional. (Group study component will be available with release of the Awakening 21 Day Devotional)
8. Fasting requires reasonable precautions. If you have any health concerns, please consult your physician prior to starting your fast - especially if you are taking medication, have a chronic condition or if you are pregnant or nursing.

Remember that fasting is an individual endeavor. We are all at different places in our walk with God, and our spirituality should never be a cause for comparison or competition. If you mess up, don't get discouraged. Just get right back on track and keep going. God's mercies are new every morning. He wants us to finish, and He will give us the grace and strength to do it.