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7 BASIC STEPS TO SUCCESSFUL FASTING AND PRAYER

Step 1: Set Your Objective

Why are you fasting? (Personal and for OWBC)?

What specific results do you desire to get?

Step 2: Make Your Commitment

What will you fast (Food, TV, entertainment...)? How long will you fast for (one meal, one day, once a week)? How much time each day will you devote to prayer and God's Word?

Step 3: Prepare Yourself Spiritually

Repentance is the foundation of fasting. Confess your sins, seek and give forgiveness, ask for the Spirit to fill you (Eph. 5:18).

Step 4: Prepare Yourself Physically

If fasting from food, eat smaller meals before starting a fast. Limit exercise and activity, rest more, drink more, and focus your thoughts.

Step 5: Put Yourself on Schedule

Set aside quality time to spend with God for reading Scripture, meditating, singing, inviting Him into different areas of your life...

Step 6: End Your Fast Gradually

When you end the fast from food, begin eating gradually with small light portions.

Step 7: Expect Results

Expect God to reward you for your obedience to His Word. You will experience a heightened awareness of His presence and He will give you fresh, new spiritual insights. Your confidence and faith in God will be strengthened and you'll see answers to your prayers.

WHAT IS FASTING?

The purpose of fasting is to redirect our hunger toward God. It is choosing to abstain from food, drink, sleep, or something else for the sake of some special spiritual purpose. It is a way to humble oneself before God & make time for intensified prayer.