**FASTING: PRACTICALITIES AND WHAT TYPE OF FAST**

1. If you have never fasted, or a long time ago it is advisable that you start with shorter periods, ie, a day or part of a day.
2. You need to consider *your health and medical status*, ie pregnant women, diabetes etc and whether you have to take medication. Decide am I going to include water and or juice. A Healthy person could easily go with only water for two days.
3. Am I able to fast from something other than food? [Denying yourself certain personal privileges and pleasures.] The answer is, of course, yes. However, keep in mind that fasting in the Bible was always a denial of food. But let it be something between you and God.
4. Remember when you fast, to pray during the time that you would’ve spent to eat or doing a certain activity. Otherwise you are just dieting or going on a hunger strike.
5. Decide what activities you will need to cut out. If you are fasting for more than 24 hours, then you shouldn’t plan of doing that 5km run or the 30 minutes aerobic workout. This is especially true if you are only taking water and if you are fasting longer than a day or more.

**TYPE:**

1. Corporate fast – (Nehemiah 9; Acts 27:33; Acts 13:1–4, Acts 14:23)
• This usually involves the whole congregation.
2. Private fast – Daniel (Daniel 10:3), Jesus (Luke 4:1–2)
• This is usually self-appointed as directed by the Holy Spirit
3. Partial fast – water and/or vegetables (also called a Daniel fast)
• This involves the eating of vegetables only (i.e – no meats other substantial solid foods) for an appointed period.
4. Absolute fast – No food
• This involves complete abstinence from food entirely. (Luke 4:1-2)

**PREPARATION:**

1. Spiritually. (Deal with unconfessed sin)
2. Begin with an expectant heart
3. Be aware of spiritual opposition during your time
4. Speak to a doctor if necessary
5. Prepare your body by cutting out sugars and caffeine the day or two before. This will help avoid headaches.
6. Prepare yourself for some hunger pains, light headaches, and weakness if you are going to fast more than a day. If you are doing a longer fast, this will pass after the third or fourth day, after you body has rid itself of most toxins. Of course, drink lots of water.

**AFTER THE FAST**

Consider a day or 2 after your fast as part of your overall fast to give your body time to adjust, especially if you’ve been going without food for a number of days.

And, what if you fail in our fast? …..grace – no condemnation.

 

**VAS: PRAKTIES EN WATTER TIPE VAS**

1. As jy nog nooit gevas het nie, of lank gelede, is dit raadsaam dat jy met korter periodes begin, met ander woorde 'n dag of 'n deel van 'n dag.
2. Jy moet jou gesondheid en mediese status in ag neem, met ander woorde swanger vroue, diabetes ens en of jy medikasie moet neem. Besluit of jy water of sap gaan insluit. 'n Gesonde persoon kan maklik vir twee dae met net water gaan.
3. Kan ek vas van iets anders as kos? [Om jouself sekere persoonlike voorregte en plesier te ontsê.] Die antwoord is natuurlik ja. Hou egter in gedagte dat vas in die Bybel altyd 'n ontkenning van kos was. Maar laat dit iets tussen jou en God wees.
4. Onthou wanneer jy vas, om te bid gedurende die tyd wat jy sou spandeer het om te eet of 'n sekere aktiwiteit te doen. Andersins dieet of gaan jy net op ‘n hongerstaking.
5. Besluit watter aktiwiteite jy sal moet uitskakel. As jy vir meer as 24 uur vas, moet jy nie beplan om daardie 5 km hardloop of die 30 minute aërobiese oefensessie te doen nie. Dit is veral waar as jy net water drink en as jy langer as 'n dag of meer vas.

**TIPE:**

1. Korporatiewe vas – (Nehemia 9; Hand. 27:33; Hand. 13:1–4, Hand. 14:23)• Dit betrek gewoonlik die hele gemeente.
2. Privaat vas – Daniël (Daniël 10:3), Jesus (Luk. 4:1–2)• Dit is gewoonlik selfaangestel soos deur die Heilige Gees beveel
3. Gedeeltelike vas – water en/of groente (ook 'n Daniël-vas genoem)• Dit behels die eet van slegs groente (dws – geen vleis ander aansienlike vaste kos) vir 'n vasgestelde tydperk.
4. Absolute vas – Geen kos nie• Dit behels algehele onthouding van kos. (Lukas 4:1-2)

**VOORBEREIDING:**

1. Geestelik. (Hanteer onbelyde sonde)
2. Begin met 'n verwagtende hart.
3. Wees bewus van geestelike teenstand gedurende jou tyd.
4. Praat met 'n dokter indien nodigb.
5. Berei jou liggaam voor deur suikers en kafeïen die vorige dag of twee uit te sny. Dit sal help om hoofpyne te vermy.
6. Berei jouself voor vir 'n paar hongerpyne, ligte hoofpyne en swakheid as jy meer as 'n dag gaan vas. As jy langer vas, sal dit ná die derde of vierde dag verbygaan, nadat jou liggaam van die meeste gifstowwe ontslae geraak het. Drink natuurlik baie water.

**NA DIE VAS**

Oorweeg 'n dag of 2 na jou vas as deel van jou algehele vas om jou liggaam tyd te gee om aan te pas, veral as jy vir 'n paar dae sonder kos gesit het.

En wat as jy misluk in ons vas? …..genade – geen veroordeling nie.

  