

Breaking Your Fast

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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 water fast with fruit such as watermelon.
- While continuing to drink fruit or vegetable juices, add the following:
- **First day:** Add a raw salad.
- **Second day:** Add baked or boiled potato, no butter or seasoning.
- **Third day:** Add a steamed vegetable.
- **Thereafter:** Begin to reintroduce your normal diet.
- Gradually return to regular eating with several small snacks during the first few days. Start with a little soup and fresh fruit such as watermelon and cantaloupe. Advance to a few tablespoons of solid foods such as raw fruits and vegetables or a raw salad and baked potato.

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.