

Tips for Fasting

Tip #3 – Breaking Your Fast

The term ‘breakfast’ comes from the biblical phrase ‘breaking the fast.’ The term occurs in the original language of John 21:12,15. ‘So when they had eaten breakfast [broken the fast], Jesus said to Simon Peter (v. 15).”¹

When your designated time of fasting is finished, it is extremely important that you transition out of your fast with great care. By ending your fast gradually, you will prolong both the physical and spiritual benefits for days. Rushing into a diet of solid foods following a fast can cause serious side effects; i.e. diarrhea, sickness, fainting, and even death due to shock. This is especially true when ending an extended fast.²

“Dr. Julio Ruibal advises coming out of an extended water fast with fruit. ‘The best is watermelon, he says. Oranges need to be diluted because of the acids.’ For a juice fast, he offers the following suggestions:

‘A juice fast should be ended with a raw salad for the first day. The second day you may add to your raw salad a baked or boiled potato. Do not add salt, butter, or any other seasoning. The third day, add a steamed vegetable to your salad and potato. Then you may begin to reintroduce your normal diet.’”³

When ending your fast, take special care not to gorge yourself with food. Remain in a “fasting mode” as you reintroduce regular foods back into your diet. Take care not to allow a lust for food to dominate the flesh you have been “taming” during the duration of your fast. Overeating can literally tie up our intestines and can cause serious medical complications.

“Even a three-day fast requires reasonable precautions. It is wise to start with a little soup—something thin and nourishing such as vegetable broth made from onion, celery, potatoes, and carrots—and fresh fruits such as watermelon and cantaloupe.

As your body accepts these foods, advance to a few tablespoons of solid foods such as raw fruits, vegetables or a raw salad and baked potato. (I do not recommend milk or milk products and meat because some individuals may suffer adverse reactions to these after a fast.) Then several hours later try another small snack. The idea is to ease back into regular eating with several small snacks during the first few days. This requires discipline, but you will avoid the severe pain and other serious physical reactions that come from eating too much too soon.”⁴

If you have been involved in a simple “Daniel’s Fast” including fruit, vegetables, and whole grains, still exercise caution before going abruptly back into a diet of rich sauces,

¹Fasting for Spiritual Breakthrough, by Elmer Towns, pg. 188.

²The Coming Revival, by Bill Bright, pg. 149.

³The Coming Revival, by Bill Bright, pg. 150.

⁴The Coming Revival, by Bill Bright, pg. 150.

seasonings, grease, and meats. Try eating small portions of food every few hours and one small serving of fish or poultry the first day. This will be necessary especially if you have been eating small portions during the fast.

Large amounts of food introduced suddenly to the body could cause digestive problems, constipation, or other gastrointestinal problems. Slowly introduce richer foods back into your diet such as creamed sauces, fried foods, and rich desserts.

Begin with a modest amount of seasoning and a small serving of dairy foods (if you choose to have some) the first day.

Allow your body time to digest what you have consumed. If you experience discomfort, try reducing the amount you consumed in your next serving. Of course, contact your health care provider should you experience any symptoms that you are concerned about and address any and all questions about your health to him/her.

Keep in mind that the good eating habits that you have initiated during your Daniel's Fast, could be continued into a healthy new way of eating for you, especially if your diet has been poor prior to the fast. Be prayerful and open to any lifestyle changes that you should make.

If you have been fasting television and secular entertainment, keep in mind that your spiritual senses are very "open". Don't grieve the Holy Spirit by suddenly exposing yourself to television programming and materials that you know do not edify your spirit man. Allow your new heightened sensitivity to the things that grieve the Holy Spirit to direct your future choices for entertainment—both for yourself and your family.

Lastly, make every effort to continue to increase the use of spiritual disciplines in your life. By continuing to engage in regular times of prayer, Bible study, Scripture meditation, and reading of quality Christian literature, you serve to prolong the effects of your personal fast and to maintain the spiritual ground you have gained through this time of personal and corporate consecration.