

TAKE A FASTING HISTORY HANDOUT #3

The following inventory should be taken before you consider fasting. If you have any questionable health problems or problems listed in question #3, you should not fast food.

Date: _____

1. How long have you been a Christian? (Years)

2. Have you attended classes on fasting?

Yes No

3. Are you free of the following health concerns or diseases, and do not have to take any daily medications: pregnancy, heart, thyroid, anemia, ulcers, cancer, blood disease, kidney problems, colon, hypoglycemia, and seizures?

Yes No

If you answered No, list the problems below:

4. Have you ever fasted before?

Yes No

5. How long was your first fast?

1 meal, 2 meals, 3 meals, 2 days, 3 days, or more

6. What type of fast was it? (Juice fast, water fast, partial fast, etc.)

7. Were you able to fast the first time without any problems?

Yes No

If no, describe the problems you experienced with your first fast:

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8. Why did you fast? (for revival, for healing, for help with problems)

9. Do you prepare several days ahead of time with prayer before you fast?

Yes No

10. What type of schedule did you follow when you fasted? (AM, Noon, PM)

11. Have you ever read any books on fasting?

Yes No

If yes, what books have you read?

12. Have you read: *The Coming Revival* by Dr. Bill Bright?

Yes No

13. Have you read: *7Steps to Successful Prayer & Fasting* by Dr. Bill Bright?

Yes No

14. Are you fasting now?

Yes No If yes, how long do you plan to fast?

15. What steps do you take to end your fast?

16. Have you ever participated in an extended fast? (more than 2 days)

Yes No

If Yes, please describe:

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17. Since being a Christian, how often have you fasted?

Never

1 – 3 times (circle one: 1 meal, 2 meals, 3 meals, 2 days, or more)

4 – 6 times (circle one: 1 meal, 2 meals, 3 meals, 2 days, or more)

7 – 12 times (circle one: 1 meal, 2 meals, 3 meals, 2 days, or more)

13 – 20 times (circle one: 1 meal, 2 meals, 3 meals, 2 days, or more)

More than 25 times (circle one: 1 meal, 2 meals, 3 meals, 2 days, or more)

18. Do you fast weekly?

Yes No

If Yes, please describe the type of fast:

20. Count your YES and NO answers:

YES =

NO =

If you have more **No** responses than **Yes**, it would be recommended that you take this Prayer & Fasting Bible Study and read the two recommended books authored by Dr. Bright. Dr. Bright has been a Christian since 1944, and he has experienced many fasts. However, he did not undertake a 40-day fast until 1994. (p. 3 *The Coming Revival* by Bill Bright) This Prayer & Fasting Bible Study has been designed to help you **LEARN** about FASTING. Fasting is a sacred tool to be used in prayer. Please be sure you have consulted a physician before undertaking a fast, especially if you have physical problems.