

# MFMC 21 Day Prayer & Fast 2019



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is to draw near  
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The goal of fasting is to draw nearer to God. Biblical fasting always has to do with eliminating distractions for a spiritual purpose; it helps renew us from the inside out. It also enables us to celebrate the goodness and mercy of God and prepares our hearts for all the good things God desires to bring into our lives.

It's one thing to know about God - it's a different thing to be known by God. Prayer and fasting are powerful ways to prepare to receive His presence, and all that He has planned for your life, as well as grow deeper in your walk with Him as you proclaim, 'More of you and less of me.' Ask yourself, What am I allowing to come between me and God's presence? Imagine the blessings He has for you when you prepare your heart and surrender it all to Him.

**Remember, your fast should present a level of challenge, but it is very important to know your body, your options, and, most importantly, to seek God in prayer and follow what the Holy Spirit leads you to do.**

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**Belong - Grow - Thrive - Serve - Celebrate**



Prayer and fasting are powerful ways to prepare to receive His presence

## TYPES OF FASTS

### Complete Fast

- Drinking only liquids, typically water and/or light juices.
- Broth or soup may be included as options.

### Selective Fast

- Removing certain elements from your diet.
- The Daniel Fast - abstaining from meat, sweets, or bread; drink water and juice, and eat a variety of fruits and vegetables.

### Partial Fast

- Abstaining from eating any type of food in the morning and afternoon.
- Fast during specific times of the day, e.g. 6AM-3PM, or from sunup to sundown.

### Soul Fast

- Common for: anyone new to fasting food; those with health issues that prevent them from fasting food; those wanting to refocus specific areas of life that are out of balance.
- Suggestions: abstain from engaging in social media, shopping, watching television, etc.

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