

FASTING GUIDE

The purpose of a fast is to deny yourself physical gratification, replacing it with prayer, in an effort gain a response from the Spirit. This means there are a number of ways you can fast. Some are more traditional and mentioned in the Bible, and others are more relevant to our culture. No matter which fast you choose, we encourage you to seek the Lord, asking Him how He would desire you fast.

SCRIPTURE REFERENCES FOR FASTING

Matthew 6:16-18, Matthew 9:14-15, Luke 18:9-14, 1 Samuel 7:5-6, Ezra 8:21-23, Nehemiah 9:1-3, Joel 2:15-16, Jonah 3:5-10, Acts 27:33-37

RELATION TO PRAYER AND READING OF THE WORD:

1 Samuel 1:6-8, 17-18, Nehemiah 1:4, Daniel 9:3, 20, Joel 2:12, Luke 2:37, Acts 10:30, Acts 13:2

There are several types of fasting. The one you choose is between you and God. He will honor your best sacrifice.

FULL FAST

Drink only liquids (you establish the number of days).

THE DANIEL FAST

Eat no meat, no sweets and no bread. Drink water and juice. Eat fruits and vegetables.

3-DAY FAST

This fast can be a Full Fast, Daniel Fast or give up at least one item of food.

PARTIAL FAST

A partial fast is from 6:00 am to 3:00 pm or from sunup to sundown. You can select from three types of fasting —a Full Fast, Daniel Fast or give up at least one item of food.

ENTERTAINMENT FAST

While there is no mention of social media or television, these things do give gratification to our flesh and can be fasted in an effort to deny our flesh and allow for a response from the Spirit.

Remember that it is the attitude of a heart sincerely seeking Him to which God responds with a blessing (Isaiah 58, Jeremiah 14:12, 1 Corinthians 8:8).

May God greatly bless you as you fast!