

2026 7 DAYS OF PRAYER

Basics of Fasting

7
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OF
PRAYER

Fasting is one of the most powerful spiritual disciplines of all Christian disciplines. It is a way to align our hearts with the psalmist: “My soul thirsts for God, the living God” (Psalm 42.2). Fasting enables us to celebrate the goodness and mercy of God. It prepares our hearts for all the good things God desires to bring into our lives. When deciding on a fast, we encourage you to seek God in prayer and follow what the Holy Spirit leads you to do

SCRIPTURES ON FASTING:

MATTHEW 6.16-18 | MATTHEW 9.14-15 | LUKE 18.9-14 | ACTS 27.27-33 | NEHEMIAH 9.1-3

Types of Fasts:

SELECTIVE FAST

This type of fast involves removing certain elements from your diet. One example of a selective fast is the Daniel Fast, during which you remove meat, sweets, and bread from your diet and consume water and juice for fluids and fruits and vegetables for food.

PARTIAL FAST

This fast is sometimes called the “Jewish Fast” and involves abstaining from eating any type of food in the morning and afternoon. This can either correlate to specific times of the day, such as 6:00 am to 3:00 pm, or from sunup to sundown.

COMPLETE FAST

In this type of fast, you drink only liquids, typically water with light juices as an option.

SOUL FAST

This fast is a great option if you do not have much experience fasting food, have health issues that prevent you from fasting food, or if you wish to refocus certain areas of your life that are out of balance. For example, you might choose to stop using social media or watching television for the duration of the fast and then carefully bring that element back into your life in healthy doses at the conclusion of the fast. Our children can also participate by fasting from things like TV or video games.