21 DAYS PRAYER & FASTING

FASTING GUIDE

The goal of fasting is to draw nearer to God. Biblical fasting always has to do with eliminating distractions for spiritual purposes; it hits the reset button of our soul and renews 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. Remember, your personal 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.

Types of Fast

Complete Fast

This fast involves drinking only liquids, typically water with light juices as an option.

Selective Fast

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

Partial Fast

This fast is 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.

Soul Fast

This fast is common for those who have health issues that prevent them from fasting food, or desire to refocus their life. For instance, someone might select to abstain from using social media, mobile phones or watching television.

At Faith Christian Fellowship, we believe fasting can be a beneficial expression of faith anytime of the year, but we specifically encourage fasting for our 21 days of prayer and fasting church initiatives. This is a dedicated season of focused prayer as a church family. You may also choose to fast at other times during the year for your own spiritual development. It's very typical to fast a single meal, a whole day, or three days or more. The timing of your fast is not as important as the strength of your focus on Him as you fast. (*Matthew 6:16-18, Matthew 9:14-15, Luke 18:9-14, Acts 27:33-37, Nehemiah 9:1-3*)