

# PRAY21 FASTING GUIDE



The goal of fasting is to draw nearer to God. Biblical fasting always has to do with eliminating distractions for a spiritual purpose; 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 FASTS

Standard Fast (Preferred): 24 Hour Daniel Fast

Allowed Foods (Daniel Fast Style):

- Fresh or cooked vegetables
- Fresh fruit
- Whole grains (brown rice, quinoa, oats)
- Nuts and seeds
- Legumes (beans, lentils, chickpeas)
- Water and herbal teas

What to Avoid:

- Meat and animal products
- Fried foods
- Sweets, desserts, pastries
- Processed foods
- Sweetened beverages

Modified Fast (Alternative) Daniel Fast: 5:00 AM – 5:00 PM

After 5PM:

- Plant-based meals (primary focus)
- Vegetables (steamed, roasted, sautéed)
- Whole grains and legumes
- Healthy fats (olive oil, avocado)
- Clean Meat Allowed (Optional):
  - Grilled or Baked

No Fried Foods

Drinks:

- Water
- Herbal tea
- 100% juice only (no added sugar)

Still Avoid:

- Fried foods
- Sweets and desserts
- Candy, soda, pastries
- Sugary snacks