

**Daniel Fast:** Daniel 1:12, 10:2-3

**Fasting Do's:** Matthew 6:16-18

**Fasting Don'ts:** Matthew 6:16-18; Luke 18:9-14

**Preparing to Fast:** Mark 11:25; Luke 11:4; Romans 12:1-2

**When to Fast:** Matthew 9:14-15

**Why Fast:** Romans 12:1; Matthew 6:33; Mark 9:29; Isaiah 58:6; 1 Samuel 7:3; Luke 4:1-13

**Corporate Fasting:** 1 Samuel 7:5-6; 2 Chronicles 20:3-4; Esther 4:15-17; Ezra 8:21-23; Nehemiah 9:1-3; Joel 2:15-16; Jonah 3:5-10; Acts 27:33-37

**Additional References:** 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

Remember, the details are not as important as the spirit, attitude, and obedience with which you participate.

A FAST, whether corporate or individual, should never cause you to feel *pressured* to be part of it. Spend time hearing what the Spirit of God would have you do, and then do THAT with absolute LOVE, FAITH, and JOY!

Isaiah 58, Jeremiah 14, 1 Corinthians 8 lets us know It is the attitude of a heart diligently seeking Him to which God responds with blessing.

May God bless you as you fast!

If you have any questions about the information found in this pamphlet or any other questions about FASTING, please contact us at:

AbundantLifeVictory@bellaliant.com

The majority of this information can be found at:  
[www.shadesofgrace.org](http://www.shadesofgrace.org) - "types of fasts"



54 Dunromin Avenue, Bible Hill, NS B2N 4M5



**A basic look at the  
various types of**

**FASTS**



# types of fasting

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

What is a fast?

Basically put, a FAST is voluntarily abstaining from food and combining it with prayer for a spiritual purpose. Fasting

is made up of 2 necessary steps. Without doing one of these steps we are not on a fast. These 2 steps are NOT EATING and PRAYING. Praying, but eating is called "PRAYER". Not eating, but not praying is called "HUNGER STRIKE" or "CRASH DIET".

Of course, as we know, prayer is "communing with God." This includes, but not limited to: talking to God; listening to what God is saying to you; reading and study of God's Word; listening to the preaching of His Word.

Types of fasting can include:

## FULL FAST

A fast abstaining from solid food but allowing to drink water. Some call this a "normal fast". As with all types of fastings, you establish the number of days, drink plenty of water, and spend the majority of your days praying and in the Word.

## JUICE FAST

Much like the "FULL FAST", this fast is abstaining from solid food but allowing for liquids (fruit or vegetable juice and/or broth).

## PARTIAL FAST

A limited fast consisting of abstaining from certain

foods for a prolonged period of time or abstaining from all foods for a portion of the day.

The Partial Fast is a good stepping stone to a FULL FAST for those who have never fasted before.

Some examples of this fast would be:

- to abstain from eating before 3:00 P.M.
- giving up one food item, such as caffeine or sweets.
- giving up one meal and replacing that time with prayer.

Attention is needed to be sure that the value of omitting the one meal is not offset by increasing the intake at others!

- Fast for a specific number of days – one day, three days, you decide.
- Fast from 6:00 a.m. to 3:00 p.m., or from sun-up to sundown. When doing this type of fast, consider your work and sleep schedule. The hours that you sleep should not be considered part of your fasting period.

Along with fasting food, you might consider going on what some have called a "TV/Media fast". Abstaining from television or social media at specific times. When you do this, use that time in prayer and the Word. And, again, be attentive to not set aside time, and then try to make that time back up later.

A Partial Fast is sometimes perfect for those with a health condition which prohibits you from a different type of fast. You could give up something else that might have control in your life or be preventing you from experiencing spiritual growth. Replace that time with prayer and study of God's word.



The Daniel Fast is a Biblically based partial fast. It is a method of fasting in which men, women and young people all over the world are engaging. It is a great model to follow that proves to be extremely effective for spiritual focus, bodily discipline and purification.

Within the term "Daniel Fast", is room for broad interpretation. In the book of Daniel, we find two different times where Daniel fasted:

In Daniel 1:12, the prophet ate only vegetables and water.

**"Please test your servants for ten days, and let them give us vegetables to eat and water to drink."**

From these scriptures we get two of the guidelines for the fast:

- 1- Only fruits and vegetables
- 2- Only water for a beverage

Then in Daniel 10:3, although the passage does not give a specific list of foods that Daniel ate, it does state that Daniel ate no rich (or choice) foods as well as no meat or wine for 21 days.

**"I ate no pleasant food, no meat or wine came into my mouth, nor did I anoint myself at all, till three whole weeks were fulfilled."**

So from this passage, we get a third guideline:

- 3- No sweeteners and no breads (i.e. cookies, cakes, etc.)

Combining the above, it is apparent that there are also no artificial or processed foods nor any chemicals on the Daniel fast.

Daniel's decision not to eat the King's food was an outward symbol of an inward commitment he had made to God. With this, be encouraged to let your choices over the next three weeks reflect the hunger you have for God's presence in your life.

Important reminder: Be sure to drink as much water as possible throughout the fast. A great goal is to drink a gallon of water a day!

When going on a Daniel fast, or any type of fast, if you have questions outside of what Scripture says, prayerfully seek the Lord and be led by the Spirit for the specifics of your personal fast.

### SCRIPTURE REFERENCES FOR FASTING:

**Blessings of Fasting:** Deuteronomy 28:13-14; Deuteronomy 28:2; 2 Chronicles 7:14; Isaiah 58:8