

**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).

***NOTE: Important to consult your physician prior to embarking on a full fast***

### **The Daniel Fast**

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

(See Full Handout)

### **Partial Fast**

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

### **“Favorites” Fast**

In this fast, we deny ourselves the foods or activities that our flesh desires most. Could be Coffee, Sweets or TV, Video Games, etc. if you have health concerns. When we feel the cravings or desires for such habits, that is your key to seek the Lord in prayer and devotion (Bible reading).

### **Scripture References for Fasting:**

[Matthew 6:16-18](#), [Matthew 9:14-15](#), [Luke 18:9-14](#)

### **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](#)

### **Corporate Fasting:**

[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](#)

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!