



TYPES OF FASTING

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 and renews us from the inside out. 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.

Prayer is the key to fasting!

Complete Fast

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

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, sugar, and bread from your diet and consume water and juice for fluids and whole grains, beans, nuts, 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.

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.

PRAY, PRAY, PRAY! – 2 Chronicles 7:14

Pray for our Nation, our Leaders, our Pastor's,
our Church, and our Families.