

©NB FASTING GUIDE

Type of fasts

☐ **Complete (All Food) Matt 4:1-2**

☐ **Partial (Specific Food) Dan 10:3**

☐ No meat

☐ No Caffeine

☐ No Alcohol

☐ No Soda

☐ No Sugar

☐ No Processed Food

Number of days

1 2 3 4 5 6 7

Number of meals per day

1 2 3