

Types of Fast

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The type of fast you choose is between you and God, depending on your physical ability. He will honor your best. You may want to include a combination of fasts. For example, you may want to participate in a Full Fast for 1-3 days and then continue with a Daniel Fast.

Full Fast

Drink only liquids (you establish number of days). Consult your doctor.

Daniel Fast

Eat no meats, no sweets, no bread and drink water and juice. Eat fruits and vegetables. Veggie burgers are an option as well if you are not allergic to soy. Some people drink protein drinks.

3-Day Fast

This fast can be any type of fast (Full Fast, Daniel's Fast, Give up one food).

Partial Fast

Fast from 6 a.m. to 3 p.m. or from sun-up to sundown. This fast can be any type of fast.

Scripture References for Fasting: Matt 6:16-18; Matt 9:14-15; Luke 18:9-14

Relation to Prayer and Reading of the Word: 1 Sam 1:6-8, 17-18, Neh 1:4; Dan 9:3, 20; Joel 2:12; Luke 2:37; Acts 10:30; Acts 13:2; 1 Cor 7:5

Corporate Fasting: 1 Sam 7:5-6; 2 Chron 20:34; Ezra 8:21-23; Neh 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 (Is 58; Jer 14:12; 1 Cor 8:8) May God greatly bless you as you fast!

Preparing Spiritually

Confess your sins to God. Ask the Holy Spirit to reveal area of weakness. Forgive all who have offended you and ask forgiveness from those you may have offended (Mark 11:25; Luke 11:4, 17:3-4). Surrender your life fully to Jesus Christ and reject the worldly desires that try to hinder you (Romans 12:1-2).

Preparing Physically

If you have health concerns, consult your doctor prior to beginning a fast and explain what you plan to do. This is especially important if you take prescription medications or have a chronic ailment. Some people should never fast without professional supervision.

How To Begin

Start with a clear goal. Why are you Fasting? Do you need direction, healing, restoration or marriage or family issues? Are you facing financial difficulties? Ask the Holy Spirit for guidance. Pray daily and read the Bible.

Deciding What to Fast

What you fast is up to you. It may be a full fast in which you only drink liquids or you may desire to fast like Daniel, who abstained from sweets and meats and drank only water. Remember to replace that time with prayer and Bible study.

Deciding How Long

You may fast as long as you like. Most people can easily fast from one to three days, but you may feel the grace to go longer, even as much as 21 to 40 days. Use wisdom and pray for guidance. Beginners are advised to start slow.

What to Expect

When you fast, your body detoxifies, eliminating toxins from your system. This can cause mild discomfort such as headaches and irritability during withdrawal from caffeine and sugars. And naturally, you will have hunger pains. Limit your activity and exercise moderately. Take time to rest. Fasting brings about miraculous results. You are following Jesus' example when you fast. Spend time listening to praise and worship. Pray as often as you can throughout the day. Get away from the normal distractions as much as possible and keep your heart and mind set on seeking God's face.

How To End

Don't overeat when the time comes to end your fast. Begin eating solid foods gradually and eat smaller portions or snacks.