

# FASTING 101

**Fasting is biblical.** We do it corporately once a year to be an encouragement to each other. It may be difficult to understand, but when we sacrifice food or some other thing that is important in our lives, we are surrendering ourselves to Him. It is a declaration that food or whatever you choose to fast is not going to control your life. It is a choice that we make to focus on and draw near to God. God will always meet us in a place of sacrifice and surrender.

**When deciding on a fast, we encourage you to seek God in prayer and follow what the Holy Spirit leads you to do.**

## Types of Fasts:

### - **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, sweets, and bread from your diet and consume water and juice for fluids and fruits and vegetables for food.*

### - **Complete Fast:**

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

### - **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.*