



Ways to Fast

- **Normal Fast** – No food, water only.
- **Absolute Fast** – Absolutely no food or water (Caution: Should not be undertaken over 3 days and only then if you have a clear directive from the Lord and are in good health).
- **Partial Fast** – This could mean fasting certain meals of the day or abstaining from certain kinds of foods (i.e.: No meat or sweets, soup only, fruit and vegetables only, etc. In Daniel 10:3, Daniel ate no pleasant bread).
- **Juice Fast** – Fruit and vegetable juices only.
- **Corporate Fast** – A church or group of people who feel God has called them to fast together for a certain period of time.
- **Jewish Fasting Period** – The Jewish fast began at 6:00 P.M. in the evening and ended the next day at 6:00 P.M. (Some people follow this time period to begin and end fasts.)
- **Fasting Plus Prayer** — Remember, fasting should be combined with prayer. God called us to fast and pray. If you are fasting a certain meal of the day, use the time you would normally be eating to pray. The combination of prayer and fasting is a powerful way to focus on seeking God for breakthroughs and answers to prayer.
- **Fasting and Abstinence** — Although the word “fast” is used as abstaining from food in the Bible and does not refer to giving up other things, during a fast one can practice abstinence from other pleasures as well, such as entertainment, TV, hobbies and sex, as spoken about in 1 Corinthians 7:1-5.