

CHURCHWIDE

# FAST

## Complete Fast

In a complete fast, you abstain from all solid food and drink only liquids such as water, juice, or clear broths. This fast requires careful preparation and is best suited for those who are physically healthy. Be sure to consult with a medical professional if you have any concerns.

## Partial Fast

A partial fast limits eating to specific times of the day. For example, you might fast from sunrise to sunset or skip a specific meal each day. This type of fast can help you create intentional space for prayer and reflection during the times you would normally eat.

## SELECTIVE FAST

A selective fast involves removing certain elements from your diet. For example, the Daniel Fast includes fruits, vegetables, and water while abstaining from meats, sweets, and processed foods. This fast is an opportunity to intentionally choose nourishment that honors God.

## Soul Fast

A soul fast focuses on abstaining from certain activities or distractions instead of food. You may choose to fast from social media, television, coffee, sugar, or another habit that consumes your time and attention. Use the time you'd normally spend on these activities to seek God.



# WHAT DOES THE BIBLE SAY ABOUT FASTING?

- Fasting as a Call to Return to God
  - "Even now—this is the Lord's declaration—turn to me with all your heart, with fasting, weeping, and mourning." (Joel 2:12)
  - Fasting is a way to humble ourselves before God and express sincere repentance and dependence on Him.
- Fasting for Strength and Guidance
  - "So we fasted and pleaded with our God about this, and he was receptive to our prayer." (Ezra 8:23)
  - When seeking God's direction or facing significant challenges, fasting can be paired with fervent prayer for guidance and intervention.
- Fasting as Part of Worship
  - "While they were worshiping the Lord and fasting, the Holy Spirit said, 'Set apart for me Barnabas and Saul for the work to which I have called them.'" (Acts 13:2)
  - Fasting creates space for worship and hearing from the Holy Spirit.
- Fasting to Overcome Temptation
  - "But he answered, 'It is written: Man must not live on bread alone but on every word that comes from the mouth of God.'" (Matthew 4:4)
  - Jesus fasted in the wilderness to prepare for His ministry and demonstrate reliance on God rather than physical sustenance.
- Fasting with a Right Heart
  - "Whenever you fast, don't be gloomy like the hypocrites. For they make their faces unattractive so that their fasting is obvious to people. Truly I tell you, they have their reward. But when you fast, put oil on your head and wash your face, so that your fasting isn't obvious to others but to your Father who is in secret. And your Father who sees in secret will reward you." (Matthew 6:16–18)
  - Fasting should be done with humility and sincerity, focused on God rather than seeking recognition from others.

