

# Fasting Types

**There are several types of fasting. The one you choose is between you and God. He will honor your best sacrifice.**

## **Full Fast**

Drink only liquids (set number of days; e.g. 1, 3 or 7).

## **Daniel Fast**

Eat fruits and vegetables, no meat, no sweets and no bread.  
Drink water and juice. See list provided.

## **Paleo Fast**

Eat whole, unprocessed food — fruits, vegetables, lean meats, fish, eggs, nuts and seeds. Drink water, coffee and tea. See list provided.

## **Intermittent Fast**

Limit daily eating to specific hours. For example:

- 16:8 - eat only 12-8p daily
- OMAD - eat only one meal a day

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## **Scripture References for Fasting:**

Matthew 6:16-18, Matthew 9:14-15, Luke 18:9-14

## **Corporate Fasting:**

1 Samuel 7:5-6, Ezra 8:21-23, Nehemiah 9:1-3, Joel 2:15-16,  
Jonah 3:5-10, Acts 27:33-37

## **Relation to Prayer and Reading of the Word:**

1 Samuel 1:6-8, 17-18, Nehemiah 1:4, Daniel 9:3, 20, Joel 2:12,  
Luke 2:37, Acts 10:30, Acts 13:2

Remember that it is the attitude of a heart, sincerely seeking Him to which God responds with blessing (Isaiah 58, Jeremiah 14:12, 1 Corinthians 8:8). May God greatly bless you as you fast!

# Fasting Basics

**SIMPLY STATED, BIBLICAL FASTING IS  
REFRAINING FROM FOOD FOR A SPIRITUAL PURPOSE.**

According to the Bible, there are three duties of every Christian: give, pray and fast.

Biblical fasting takes a lot of discipline and strength—strength which you can only receive from God. Your private discipline will bring you rewards in Heaven, says Matthew 6. When you give God your first through fasting, prayer and giving at the beginning of the year, you set the course for the entire year.

## **Why should I fast?**

- Are you in need of healing or a miracle?
- Do you need the tender touch of God in your life?
- Is there a dream inside you that only He can make possible?
- Are you in need of a fresh encounter?
- Do you desire a deeper, more intimate and powerful relationship with the Lord?
- Are you ready to have heightened sensitivity to the desires of God?
- Do you need to break away from bondages that have been holding you hostage?
- Is there a friend or loved one that needs Salvation?
- Do you desire to know God's will for your life?

## **BIBLICAL FASTING FOCUS**

### **1 TIMOTHY 2:1-2**

“I exhort therefore, that, first of all, supplications, prayers, intercessions, and giving of thanks, be made for all men; For kings, and for all that are in authority; that we may lead a quiet and peaceable life in all godliness and honesty.”

## **ROMANS 12:1**

“I beseech you therefore, brethren, by the mercies of God, that ye present your bodies a living sacrifice, holy, acceptable unto God, [which is] your reasonable service.”

## **MATTHEW 6:33**

“But seek ye first the kingdom of God, and his righteousness; and all these things shall be added unto you.”

## **ISAIAH 58:6**

“[Is] not this the fast that I have chosen to loose the bands of wickedness, to undo the heavy burdens, and to let the oppressed go free, and that ye break every yoke?”

We want to encourage you to target your prayers during the fast. Two specific areas we will be focusing on together are leadership and finances. The Bible instructs us to continually pray for our leaders (1 Timothy 2:1-2). When we lift up our leaders, here in the United States and around the world, we can expect God’s peace in our lives and in our nation. Another great promise, from the book of Isaiah, proclaims that the chosen fast will “undo the heavy burdens and let the oppressed go free.” We are living in tough economic times and we know that so many people are under a financial burden. As we come together to fast and pray, we believe that your burdens will be lifted and that financial blessings will be released into your life!

We encourage you to seek the Lord in prayer and let your decisions about your biblical fasting come from Him. Ask the Lord to show you areas to target during your time of fasting and prayer. We believe that, as we pray and seek God and give Him our best at the first of the year, He will bless our ENTIRE year (Matthew 6:33)!

### **Fasting Reasons:**

- Health
- Finances
- Spiritual Growth
- Family Member
- Marriage

# Fasting Tips

## How to Begin

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

## Preparing Spiritually

Confess your sins to God. Ask the Holy Spirit to reveal areas 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).

## Deciding What to Fast

The type of fasting you choose is up to you. You could go on a full fast in which you only drink liquids, or you may desire to fast like Daniel, who abstained from sweets and meats, and the only liquid he drank was water. Remember to replace that time with prayer and Bible study.

## Deciding How Long

You may fast as long as you like. Most 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 food gradually; eat small portions or snacks.

# Daniel Fast

*“Please test your servants for ten days, and let them give us vegetables to eat and water to drink.” Daniel 1:12*

*“I ate no pleasant food, no meat or wine came into my mouth, nor did I anoint myself at all, till three whole weeks were fulfilled.” Daniel 10:3*

When going on a Daniel fast, or any type of fast, if you have questions outside of what Scripture says, prayerfully seek the Lord and be led by the Spirit for the specifics for your personal fast.

## WHAT TO EAT:

**FRUITS:** Fresh, frozen, dried, cooked or juiced. Try to avoid added sugar or preservatives.

Common choices: apples, apricots, avocados, bananas, blackberries, blueberries, cantaloupe, cherries, grapefruit, grapes, honeydew melon, kiwi, lemons, limes, mangoes, nectarines, oranges, papayas, peaches, pears, pineapples, plums, prunes, raisins, raspberries, strawberries, tangerines, watermelon

**VEGETABLES:** Fresh, frozen, dried, cooked or juiced. Try to avoid added sugar or preservatives.

Common choices: artichokes, asparagus, beets, broccoli, brussel sprouts, cabbage, carrots, cauliflower, celery, cilantro, corn, cucumbers, eggplant, greens, green beans, garlic, ginger root, mushrooms, okra, onions, parsley, peppers, potatoes, radishes, spinach, sprouts, squash, sweet potatoes, tomatoes, zucchini

**WHOLE GRAINS:** Many people also include whole wheat pasta, whole wheat tortillas, rice cakes and popcorn.

Common Choices: barley, brown rice, grits, millet, quinoa, oats

**NUTS & SEEDS:** Many people also eat nut butters including peanut butter and almond butter. Try to avoid choices with added sugar, artificial sweeteners, and preservatives.

Common choices: unsalted almonds, cashews, chia, flax, pine, pumpkin, sesame, sunflower, peanuts, pecans, pistachios, walnuts

**LEGUMES & BEANS:** If you use canned beans, look for organic and/or low-sodium

Common choices: black beans, black-eyed peas, kidney beans, lentils, pinto beans, split peas, white beans

**BEVERAGES:** Water & fresh pressed fruit or vegetable juice

# Paleo Fast

(whole, unprocessed food)

## EAT THIS

### Fruit

Apples  
Blueberries  
Strawberries  
Blackberries  
Raspberries  
Grapefruit  
Oranges  
Peaches  
Pears  
Plums  
Grapes  
Bananas

### Vegetables

Spinach  
Kale  
Collard Greens  
Broccoli  
Cauliflower  
Onion  
Peppers  
Asparagus  
Artichokes  
Carrots  
Cucumbers  
Celery  
Cabbage  
Tomatoes

### Nuts, seeds & healthy fat

Almonds  
Walnuts  
Pecans  
Cashews  
Macadamia Nuts  
Brazil Nuts  
Pumpkin Seeds  
Ex Vir Olive Oil  
Coconut Oil  
Avocado

### Meat

Chicken  
Turkey  
Fish  
Eggs  
Beef  
Buffalo  
Pork  
Other Game  
(Venison, Rabbit,  
Duck, etc)

### Drinks

Water  
Coffee  
Tea (black, green,  
or herb)  
Almond/Coconut  
milk (for coffee)

## NOT THIS

### Junk Food

Pizza  
Frozen Dinners  
Hot Pockets  
All fast food  
Cookies  
Candy  
Cakes  
Muffins

### Grains

Bread  
Tortillas/Chips  
Corn/Popcorn  
Pasta  
Rice  
Cereal  
Quinoa  
Oatmeal  
Bagels

### Potatoes

Sweet potatoes  
Red potatoes  
Yellow potatoes  
Baked potatoes  
Mashed potatoes  
French fries  
Potato chips

### Dairy

Milk  
Cheese  
Butter  
Yogurt

### Legumes

Black beans  
Chick peas  
Pinto beans  
Kidney beans  
Peanuts (and  
peanut butter)  
Hummus  
Black eyed peas  
Soy beans  
Tofu

### Drinks

Soda  
Diet Soda  
Juice  
Sports Drinks  
Beer  
Wine  
Liquor  
Soy Milk  
Rice Milk

- *Organic meats preferred*
- *Moderate portions, hand size*