

Prayer & Fasting

The goal of fasting is to draw near to God. It hits the reset button of our soul and renews us from the inside out. There are different types of Fasts. The timing of your fast is not as important as the strength of your focus on God as you fast.

Matthew 6:16-18, Matthew 9:14-15, Luke 18:9-14, Acts 13:3, Nehemiah 9:1-3

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.

Partial Fast

This fast, sometimes called the “Jewish Fast,” involves abstaining from eating any type of food in the morning and afternoon. This can either correlate to specific times of day, such as 6:00 am to 3:00 pm, or from sun-up to sundown.

Complete Fast

In this fast, you drink only liquids, typically water with light juices as an option. Depending on age and health, you may need to consult a physician before entering this type of fast.

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.

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Fasting enables us to celebrate the goodness and mercy of God. It prepares our hearts for all the good things God desires to bring into our lives. When deciding on a fast, we encourage you to seek God in prayer and follow what the Holy Spirit leads you to do.

RESOURCES:

Guide to Fasting & Prayer (Dr. Bill Bright)

<https://www.cru.org/us/en/train-and-grow/spiritual-growth/fasting/personal-guide-to-fasting.html>

BOOKS & AUDIO

-Fasting (Jentezen Franklin)

-A Hunger for God (John Piper)