

PRAYER & FASTING

7 Days of Prayer and Fasting

Fasting types & tips

Fasting – 4 Types of Fasts

1. Full Fast

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

2. Selective Fast

This type of fast involves removing certain elements from your diet.

- Daniel Fast is a no meat, sweets and bread. Drink water and juice. Eat fruit and vegetables.
- Fast an item, e.g. sweets, coffee, etc.

3. Partial Fast

This fast involves abstaining from food in the morning and afternoon

- 6am to 6pm Fast (Sun up to Sundown fast)
- Fast a meal, e.g. breakfast, lunch or dinner

4. Soul Fast

This fast is a great option if you don't have much experience with fasting food or have a health condition that prevents you from fasting.

- Social Media Fast
- TV Fast

PLEASE NOTE: if you have a medical condition, please seek your doctors advice before fasting.

Fasting tips

- **Why are you fasting? Start with a clear goal. Ask the Holy Spirit for guidance.**
- **Prepare spiritually. Confess your sins to God, ask the Holy Spirit to reveal areas of weakness. Forgive all who have offended and ask forgiveness from those you may have offended, surrender to him**
- **Decide what to fast**
- **When you start fasting, your body detoxifies. This can cause discomfort (headaches, irritability, withdrawals), and hunger pains. Exercise moderately. Take time to rest. Spend time listening to praise and worship, reading His word, praying.**
- **Don't overeat when the time comes to end your fast. Begin eating solid food gradually, eat small portions/snacks**

(More resources - <https://jentezenfranklin.org/fastingbasics>)