



The goal of fasting is to draw nearer to God. Biblical fasting always has to do with eliminating distractions for a spiritual purpose; it hits the reset button of our soul and renews us from the inside out. It also enables us to celebrate the goodness and mercy of God and prepares our hearts for all the good things God desires to bring into our lives.

### **TYPES OF FASTS**

Your personal fast should present a level of challenge, but it is very important to know your body, your options, and most importantly, to seek God in prayer and follow what the Holy Spirit leads you to do.

#### **1. COMPLETE FAST**

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

#### **2. 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.

#### **3. PARTIAL FAST**

This fast involves abstaining from eating certain meals or during certain parts of the day.

#### **4. SOUL FAST**

This fast is a great option for children and students, and for those with health issues that prevent you from fasting food. Choose to eliminate something other than food from your life for a time. 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.

#### **TIMING OF YOUR FAST**

At Evangel, we encourage fasting for 21 days each year in the month of January. You may also choose to fast at other times during the year for your own spiritual development. It's very typical to fast a single meal, a whole day, or three days or more. The timing of your fast is not as important as the strength of your focus on God as you fast.

Scripture References: Matthew 6:16-18; Matthew 9:14-15; Luke 18:9-14; Acts 27:33-37; Nehemiah 9:1-3.

#### **YOUR MOTIVE FOR FASTING**

Remember, fasting is not a hunger strike to make God answer your prayers. God cannot be blackmailed by human effort. God *wants* to answer our prayers and He answers out of His grace. Fasting simply prepares us for God's answer.

**Important Note:** Fasting requires reasonable precautions. If you have any health concerns, please consult your physician prior to beginning your fast, especially if you are taking medications, have a chronic condition, or are pregnant or nursing a baby. Also, you should always drink water while fasting.