

Types of Fasting

A practical guide to biblical fasts for our church community as we seek God's presence, direction, and renewal together.

Why We Fast

Fasting is not earning God's favor, but positioning our hearts to hear His voice, humble our souls, and deepen our dependence on Him.

Overview of Church Fasts

❖ **Water Fast**

Consuming only water for a designated period to focus completely on spiritual prayer.

❖ **Daniel Fast**

Abstaining from meats, sweets, and rich foods to eat only plant-based whole foods.

❖ **Partial Fast**

Refraining from food during specific hours of the day or skipping select meals.

❖ **Absolute Fast**

Abstaining from all food and liquids for a short duration with careful prayer.

❖ **E-Fast**

Abstaining from phones, TV, and electronics to eliminate digital distractions.

A Water Fast

Describing the Water Fast

A Water Fast involves consuming only water for a designated period to focus entirely on spiritual nourishment through prayer.

By setting aside all solid food, this traditional fast strips away physical comforts to heighten our spiritual sensitivity and reliance on God's Word.

"Man shall not live by bread alone, but by every word that comes from the mouth of God." — Matthew 4:4

A Daniel Fast

Describing the Daniel Fast

A Daniel Fast involves abstaining from choice meats, sweets, and processed foods to eat only vegetables, fruits, and whole grains.

Modeled after Prophet Daniel's choice in Babylon, this fast disciplines the physical palate while maintaining strength for daily responsibilities.

"I ate no choice food; no meat or wine touched my lips... until the three weeks were over." — Daniel 10:3

A Partial Fast

Describing the Partial Fast

A Partial Fast involves refraining from food for specific hours of the day or skipping selected meals to dedicate that time to God.

Commonly practiced from sunrise to sunset, this approachable fast allows believers with demanding schedules to consistently set aside focused time for prayer.

"So we fasted and petitioned our God about this, and he answered our Prayer." — Ezra 8:23

An Absolute Fast

Describing the Absolute Fast

An Absolute Fast involves abstaining from both food and all liquids for a short, specific duration under prayerful discernment.

Observed during urgent times of spiritual need in Scripture (such as Esther or Paul), this short-term fast requires solemn preparation and spiritual focus.

"Do not eat or drink for three days, night or day... I and my attendants will fast as you do." — Esther 4:16

An E-Fast (Digital Fast)

Describing the E-Fast

An E-Fast involves abstaining from smartphones, television, social media, and electronic devices to eliminate noise and quiet the mind.

By unplugging from digital distractions, believers create mental and spiritual space to listen to God's voice and engage deeply in prayer and scripture.

"Be still, and know that I am God; I will be exalted among the nations." — Psalm 46:10

Fasting Comparison Guide

Fast Type	What to Abstain From	One-Sentence Description
Water Fast	All solid foods	Consuming only water for a designated period to focus entirely on spiritual prayer.
Daniel Fast	Meats, sweets, & rich foods	Abstaining from choice foods to eat only vegetables, fruits, and whole grains.
Partial Fast	Food during designated hours	Refraining from food for specific hours of the day or skipping selected meals.
Absolute Fast	All food and liquids	Abstaining from food and liquids for a short, specific duration with careful prayer.
E-Fast	Phones, TV & electronics	Abstaining from electronic media and screens to eliminate digital noise and distractions.

Preparing Your Heart

"Draw near to God and He will draw near to you." — James 4:8

Pray about which fast the Holy Spirit is leading you to undertake during this season of prayer and seeking God.