SPIRIT, SOUL, & BODY

FAST

TYPES OF FASTING

*The one you choose is between you and God. He will honor your best sacrifice

***Full Fast*- Drink only liquids**
(you establish the number of days)

***The Daniel Fast*- Eat no meat, no sweets and no bread. Drink water and juice. Eat fruits and vegetables.**

***Wesley Fast*- A partial fast is from 6:00 am to 3:00 pm or from sun up to sundown. You can select from three types of fasting-a Full Fast, Daniel Fast, or give up at least one item of food**

***3-Day Fast*- This fast can be a Full Fast, Daniel Fast or give up at least one item of food.**

SCRIPTURE REFERENCES FOR FASTING

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

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

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

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