

Why do we fast?

So we can engage with God. The Biblical context of Fasting (not the latest workout/diet trend) is abstaining from something, typically food, to help remind us of our weakness and our need for God's strength inside our hearts. By not paying as much attention to one thing we are able to pay more attention to something else. In fasting, we surrender ourselves to God, showing Him our relationship with Him is a priority in our lives. Dedicating ourselves to prayer and fasting raises our awareness of spiritual dependence and renews our perspective, commitment, and purpose.

Types of fasting

Full Fast

Drinking only liquids. Start with a predetermined amount of days when Full Fast.

Daniel Fast

[Daniel's](#) example of fasting is 10 - 21 days of only fruits, vegetables, and a few whole grains.

Partial Fast

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

One Meal a day

Is fasting during a Breakfast, Lunch, or Dinner and spend that time focused on God, in prayer.

Length of your Fast

Your Full, Daniel, Partial, One Meal, or item of food Fast needs to be a predetermined length. Start small. If you've never fasted before, consider fasting until dinner time to start, and then maybe an entire day, and so on. Many people choose natural calendar rhythms such as 1 day, 3 days, 7 days, 21 days, and 40 days, but whatever you choose, don't just abstain from food, replace the time you would eat with time in prayer.

A few things to think about before starting a fast:

- Remember that fasting is not "earning" an answer to prayer. God cannot be blackmailed by human effort. God wants to answer our prayers and He answers out of His grace. Fasting prepares us for God's answer.
- Fast how your health allows it at this time. If you are able to do only a partial fast - do it in faith and God will honor your intentions.
- Fasting is not a means of seeking God's blessings, as much as it is a means of seeking God.
- Fasting is not a test for "super Christians", it is not a means of twisting God's arm, and it is not a magical formula for getting through to God.

- Fasting is spending time with God. Looking to him for comfort, power, strength, guidance, forgiveness, and hope.
- Fasting is not so much about saying no to the body as it is about saying yes to the Spirit.
- Fasting is not about doing without, it is about looking within.
- Fasting is an outward action to an inward desire to draw closer to God.