

21 Days

OF PRAYER AND FASTING

4 Types of Fasts

1



Specific Food or Activity Fast

Omitting specific item(s), activity or habit for the duration of prayer and fasting. For example, you may choose to eliminate some foods or social media.

2



Daniel Fast

Extremely effective for spiritual focus, bodily discipline and purification in the body and soul. Daniel 1 states he ate vegetables and water. In Daniel 10, Daniel ate no rich (or choice) foods as well as no meat or wine.

3



Juice Fast

No solid food is consumed and instead involves the intake of vegetable juices, fruit juices and water.

4



Water Fast

Eating no foods and drinking no liquids except water for a period of time. Extreme precautions should be taken with a water fast and should be done under the direction supervision and monitoring of your physician.