

FAST2012 @ ELEMENT CHURCH

21 Days of Fasting & Prayer / Jan 16 – Feb 5

Remember: Fasting Is Not A Punishment...IT IS A PRIVILEGE!!!

Types of Fasts:

There are several 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.

Food Guidelines for a Daniel Fast:

"Please test your servants for ten days, and let them give us vegetables to eat and water to drink." Daniel 1:12

I ate no pleasant food, no meat or wine came into my mouth, nor did I anoint myself at all, till three whole weeks (21 Days) were fulfilled." Daniel 10:3 KJV
The Daniel Fast involves a spiritual commitment to God. "Daniel proposed in his heart that he would not defile himself" (Daniel 1:8). **If you determine to fast for a certain time, keep it. For example, if you determine to fast 10 days, don't stop on Day 9.**

3-Day Fast

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

Partial 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.

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!