

21 DAYS OF FASTING AND PRAYER

Types of Fasting

What Can I fast and what are some different types of fasts?

The Normal Fast

This fast is going without food for a pre-determined period during which you consume only liquids (water and/or juice). The duration could be 1 day, 3 days, 1 week, 1 month or 40 days. If you are considering the longer fasts (1 month or 40 days or longer), it is advisable to seek medical advice.

The Absolute Fast

An absolute fast is when you do not consume any food or water or liquids of any kind. This fast is recommended for shorter time periods. If you are not Holy Spirit led to take on the Absolute Fast, you could be putting your health in danger, especially if it is for a long period of time. I would also caution you to test the spirit that is telling you take on the long term fast, even if it includes liquids. You should be beyond doubt that the Lord has called you to a long term Absolute Fast.

The Partial Fast

This fast omits certain foods or can be on a schedule that includes limited eating. It could be that you fast two of the three meals a day, or that you eat only fresh raw vegetables. This is often called the *Daniel Fast*. If considering this fast, a fast meal is not your regular meal size. It is a handful as compared to a plateful. Here is a guide on the Daniel fast.

[Daniel Fast Food Guidelines](#)

The Rotational Fast

On this fast, you would consume food on a rotational basis, ie, every second day you would consume raw vegetables or every fourth day, you would eat grains and legumes. This rotation allows for some food to be available each day.