

## ABOUT FASTING

### WHY DO WE FAST?

Fasting is a spiritual practice that enables the body of Christ to grow in their relationship with God.

The purpose of a fast is the set aside a specific span of time for restricting certain foods or practices as a physical commitment to seek God through deeper personal engagement and fervent prayer.

When we combine fasting with prayer and meditation, we can experience a more focused time of closeness with our Lord and seek His wisdom and help.

## FOUR TYPES OF FASTING



COMPLETE FAST



PARTIAL FAST



SELECTIVE FAST



SOUL FAST

## COMPLETE FAST

In this type of fast, you drink only liquids, typically water with optional light juices.

## PARTIAL FAST

This fast is sometimes called the “Jewish Fast” and involves abstaining from eating any type of food in the morning and afternoon. This can either correlate to specific times of the day, such as 6:00am to 3:00pm, or from sunup to sundown.

## SELECTIVE FAST

This type of fast involves removing certain elements from your diet. One example of a selective fast is the *Daniel Fast*, a pseudo vegan fast, during which you remove meat, sweets and bread from your diet, consume water and juice for fluids, and fruits and vegetables for food.

## SOUL FAST

This fast is a great option if you do not have much experience fasting from food, have health issues that prevent you from fasting food, or if you wish to refocus certain areas of your life that are out of balance. For example, you might choose to stop using social media or watching television for the duration of the fast and then carefully bring that element back into your life in healthy doses at the conclusion of the fast.

## THE DANIEL FAST

### SELECTIVE FAST

The Daniel Fast is great *Selective Fast* based on the experiences of the Biblical prophet Daniel. Below is a basic guideline for this fast, but additional details can be found online at: [UltimateDanielFast.com](http://UltimateDanielFast.com)

## FOODS TO ENJOY

**Fruit** - fresh, frozen, canned, juiced, dried

**Vegetables** - fresh, frozen, canned, juiced, dried

**Whole Grains** - amaranth, barley, brown rice, oats, quinoa, millet, whole wheat

**Nuts and Seeds** - whole nuts, nut butters, almond milk

**Legumes** - all beans, canned/dried, lentils, split peas

**Quality Oils/Spices** - vegetable, coconut, grapeseed, olive, peanut, sesame, salt, pepper, tofu, soy products

**Beverages** - water, juice, unsweetened coconut milk

## FOODS TO AVOID

**Meat & Animal Products** - red meat, fish, poultry, pork

**Dairy** - milk/cream, butter, eggs, cheese

**Sweeteners** - sugar, honey, agave, stevia, molasses, syrups

**Leavened Bread + Yeast** - baked goods, Ezekiel bread

**Refined/Processed Foods** - white flour, white rice, artificial flavors, additives, preservatives

**Deep Fried Foods** - chips, fries

**Solid Fats** - lard, margarine, shortening

**Beverages** - alcohol, carbonated drinks, caffeine

**\*\*Please consult with your doctor before beginning a dietary fast, especially if you have any existing medical concerns or conditions.**

SO I TURNED  
TO THE LORD  
GOD AND  
PLEADED  
WITH HIM IN  
PRAYER  
AND FASTING

DANIEL 9:3

**21 DAYS OF  
PRAYER + FASTING**

Here at *Anchor Church* we are participating in *21 Days of Prayer and Fasting* in an effort to draw closer to God.

This brochure will explain four different styles of fasting at varying levels of difficulty:

**COMPLETE FAST**  
**PARTIAL FAST**  
**SELECTIVE FAST | *Daniel Fast***  
**SOUL FAST**

To learn more about the *Daniel Fast*, its scriptural foundation or to find recipes visit:

**[ULTIMATEDANIELFAST.COM](http://ULTIMATEDANIELFAST.COM)**

We also have some additional free resources including a *21 Day Prayer Devotional* which is available online as an eBook or as a printable download and a *Pray First Guidebook* located at the [Blue Wall](#) and online at:

**[MYANCHOR.CHURCH/21DAYS](http://MYANCHOR.CHURCH/21DAYS)**



A GUIDE TO FASTING

**21** DAYS  
OF  
PRAYER  
AND  
FASTING