

21 Days of Prayer & Fasting 2024

Types of Fasts

1/7 to 1/28

Pneuma Life church

TYPES OF FASTS:

1. Water Fast:
 - Participants consume only water for a specified period, typically ranging from 24 hours to several days.
2. Partial Fast:
 - Involves restricting certain types of food or meals, such as abstaining from meat, sweets, or specific food groups. Participants may choose to skip one or more meals each day.
3. Daniel Fast:
 - Based on the dietary practices of Daniel in the Bible (Daniel 10:2-3), this fast involves abstaining from certain foods, often focusing on fruits, vegetables, and water.
4. Intermittent Fast:
 - Involves alternating between periods of eating and fasting. Common patterns include fasting for 16 hours and eating within an 8-hour window.
5. Juice Fast:
 - Participants consume only fresh fruit and vegetable juices for a specific period, allowing them to receive nutrients while still practicing restraint.
6. Corporate Fast:
 - A group or entire congregation participates in a fast together, often with a specific purpose or goal in mind. Corporate fasting is believed to strengthen the community and foster a collective spiritual experience.
7. Sunrise-to-Sunset Fast:
 - Participants abstain from food and drink from sunrise to sunset, similar to the fasting tradition observed during the month of Ramadan in Islam.
8. Complete Abstinence:
 - In some cases, individuals may choose to abstain from all forms of food for a designated period.

The spiritual purpose behind fasting is often emphasized, with participants seeking a deeper connection with God, self-reflection, and spiritual growth. Before undertaking a fast, it's advisable for individuals to consult with spiritual leaders, pastors, or healthcare professionals, especially if there are health concerns.

SCRIPTURE THAT SUPPORTS FASTING:

1. Matthew 6:16-18 (NIV):
 - > "When you fast, do not look somber as the hypocrites do, for they disfigure their faces to show men they are fasting. Truly I tell you, they have their reward. But when you fast, put oil on your head and wash your face, so that it will not be obvious to men that you are fasting, but only to your Father, who is unseen; and your Father, who sees what is done in secret, will reward you."
2. Joel 2:12 (NIV):
 - > "Even now," declares the Lord, "return to me with all your heart, with fasting and weeping and mourning."
3. Matthew 4:1-2 (NIV):
 - > "Then Jesus was led by the Spirit into the wilderness to be tempted by the devil. After fasting forty days and forty nights, he was hungry."
4. Acts 13:2-3 (NIV):
 - > "While they were worshiping the Lord and fasting, the Holy Spirit said, 'Set apart for me Barnabas and Saul for the work to which I have called them.' So after they had fasted and prayed, they placed their hands on them and sent them off."
5. Isaiah 58:6-7 (NIV):
 - > "Is not this the kind of fasting I have chosen: to loose the chains of injustice and untie the cords of the yoke, to set the oppressed free and break every yoke? Is it not to share your food with the hungry and to provide the poor wanderer with shelter—when you see the naked, to clothe them, and not to turn away from your own flesh and blood?"
6. Luke 2:36-37 (NIV):
 - > "There was also a prophet, Anna, the daughter of Penuel, of the tribe of Asher. She was very old; she had lived with her husband seven years after her marriage, and then was a widow until she was eighty-four. She never left the temple but worshiped night and day, fasting and praying."
7. Ezra 8:21-23 (NIV):
 - > "There, by the Ahava Canal, I proclaimed a fast, so that we might humble ourselves before our God and ask him for a safe journey for us and our children, with all our possessions."
8. Psalm 35:13 (NIV):
 - > "Yet when they were ill, I put on sackcloth and humbled myself with fasting. When my prayers returned to me unanswered,"
9. Daniel 9:3 (NIV):
 - > "So I turned to the Lord God and pleaded with him in prayer and petition, in fasting, and in sackcloth and ashes."

These verses highlight the various aspects of fasting, including seeking God with a humble heart, praying for guidance, and expressing repentance. Christians turn to these scriptures for inspiration and guidance when considering the practice of fasting in their spiritual journey.

**FOR MORE FASTING RESOURCES PLEASE
VISIT WWW.PNEUMALIFE.CHURCH**