



21 Day Fast | January 10-30, 2021

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.

The Daniel Fast

Eat no meat, no sweets and no bread. Drink water and juice. Eat fruits and vegetables.

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