

## **TYPES OF FASTS**

### *COMPLETE FAST*

In this type of fast, you drink only liquids. Typically this consists of water with light juices as an option.

### *SELECTIVE FAST*

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

### *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 6:00 am to 3:00 pm, or from sunup to sundown.

### *SOUL FAST*

This fast is a great option if you do not have much experience fasting 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.

## **TIMING OF A FAST**

At Salt, we encourage fasting for 21 days each year in the month of January. This is part of 21 Days of Prayer and Fasting, a season of focused prayer as a church family. You may also choose to fast at other times during the year for your own spiritual development. It's very typical to fast a single meal, a whole day, or three days or more. The timing of your fast is not as important as the strength of your focus on God as you fast.

Scripture References:

- Matthew 6:16-18
- Matthew 9:14-15
- Luke 18:9-14
- Acts 27:33-37
- Nehemiah 9:1-3