

TYPES OF FASTS

Full Fast Drink only liquids (you establish the number of days).

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

3-Day Fast This fast can be a Full Fast, Daniel Fast or give up at least one item of food.

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](#)

Remember that it is the attitude of a heart sincerely seeking Him to which God responds with a blessing ([Isaiah 58](#), [Jeremiah 14:12](#), [1 Corinthians 8:8](#)). May God greatly bless you as you fast!

FASTING

AND YOUR HEALTH If you are in poor health or have concerns about your physical ability to fast, please consult a physician before beginning your first fast. There are different types of fasts recommended on these pages. Your doctor can provide advice on how you can participate on this First Fruits Fast in a way that is healthy for you.