

TYPES OF FASTS

Complete Fast

In this type of fast, you drink only liquids, typically water with light juices as an option. Broth or soup may be included as options.

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 for a set amount of time, daily. This can either correlate to specific times of the day, such as 6:00am to 3:00pm, 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.

FASTING IDEAS

Ask the Holy Spirit to lead you into what kind of fast(s) you will be doing. If you are not ready to do a complete fast, consider doing a partial fast and/or a “soul” fast.

Partial Fast Ideas

Meat	Caffeine	Dressings
Dairy	Soda	Sports
Carbs	Energy Drinks	Video Games
Fast	Sugar	Music
Food	Desserts	TV Podcasts
Alcohol	Snacks	News Notifications

“Soul” Fast Ideas

Apps	Amazon Prime	TikTok
Shopping	Hulu	SnapChat
Hobbies	Disney +	Among Us
Marital Relations	Facebook	Fortnite
Netflix	Instagram	

“Fill Up” Ideas

Prayer	Nature	Communion
Confession	Prayer	Celebration
Scripture	Walk	Praise
• Reading	Worship	Thanksgiving
• Reflection	Serving	
• Memorization	Connecting	
Journaling	Devotions	
Silence	Hymns	
Solitude	Listening	