

Types of Fasts: taken from Connection Magazine with Jentezen Franklin Nov 2008:

He just wants your best sacrifice, which may include a combination of fasts. For example, if you choose to go on a 21-day fast, you may want to begin with a full fast for 1-3 days and then continue with a Daniel Fast or some other type of partial fast for the remainder of the 21 days. But no matter which fast you decide on, you must always remember to consult your doctor and drink lots of water.

FULL FAST. Drink only liquids – especially water. On this type of fast you may also take in clear broth and 100 percent fruit or vegetable juices in order to maintain your strength. You establish the number of days for your fast in your prayer time. Be sure to consult your doctor.

PARTIAL FAST. There are many types of partial fasts. I have listed just few below for you to select from. Daniel Fast : The most frequently used example of a partial fast. Found in Daniel, chapter 10, the Daniel Fast is a fast from meats, sweets, breads and any drink, except water, for specific time period. The easiest way to think of this fast is you should eat vegetables, fruits and drink only water. Be sure to consult your doctor, especially if you have any medical condition.

“In those days I, Daniel, was mourning three full weeks. I ate no pleasant food, not meat or wine came into my mouth, nor did I anoint myself at all, till three whole weeks were fulfilled” (Daniel 10:2-3).

The following are examples of other types of partial fasts. You could:

- give up one item of food such as caffeine or sweets or give up one meal.
- fast for a specific number of days . . .one day, three days, you decide.
- choose to fast from 6 a.m. to 3 p.m. or from sun-up to sundown. When doing this type of fast, consider your work and sleep schedule. The hours that you sleep should not be considered part of your fasting period, so the times of this type of fast may vary.

CORPORATE FAST. A Corporate fast is a joint fast of believers for a specific purpose that can yield powerful results. Although this fast involves others, it is very much a “private and personal experience.” Esther called all of her people to a fast for protection against danger (Esther 4:16). Samuel declared a fast for national revival (1 Samuel 7).