

21 Days of Prayer & Fasting FAQ

- **Do I have to fast for all 21 days?**
 - No, that's up to you,
 - Start Small - do something that is attainable.
- **Do I have to fast from food?**
 - No, but we would encourage you to fast from something that you hunger for
 - One caveat, if you have a medical reason that you need to keep eating food, please do not fast from food.
 - Whether it is food or something else, ask yourself: What do I hunger for, that I am willing to give up for a season? Here are some ideas:
 - **Water Fast:** Drinking water only for a period of time - recommended that you don't fast from water
 - **Daniel Fast:** Giving up "rich foods" (exp. desserts, coffee, alcohol, meat)
 - **Day Fast:** Fasting every other day or picking certain day(s) to fast from food. Weekdays, or one day
 - **Meal Fast:** Skipping a meal everyday
 - **Media Fast:** Fasting from media or social media.
 - Make a plan so you can draw closer to God during those times
- **Should I tell someone I am fasting?**
 - No, if you are bragging. But we would challenge you to do this with someone so you can support and encourage each other.
- **What if I mess up or forget to fast on a certain day?**
 - There's no judgment, but tell the person you do this with and ask for encouragement
- **How do I fast and still work/take care of my family?**
 - You might choose to fast, but you don't have to make those around you fast. Depending on the fast that you do, you can work it around your schedule.
- **How do I fast with my kids?**
 - It depends on their age. If you have a baby, don't make them fast. If your children are older, you can tell them what you are doing and ask them to pray with you. You could choose to have them fast for one meal during the week and take the time to pray, or you may do a media fast with them and teach them that we are spending the extra time together to draw closer to each other and God.
- **How do I fast and exercise?**
 - Don't fast from water while exercising. If you fast during exercise, you need to slow down your pace and you need more nutrients in your drink than just water (V8, protein shake, etc...).

- If exercising is an idol for you, it might be good to do a food and exercise fast for a couple days, but, based on what I have seen through scientific and medical articles, we would not recommend fasting from food during heavy exercise
- **Do I have to do the fast to attend church during our fast?**
 - No, this is not a requirement, this is voluntary, a joyful thing we get to do together.
- **How should I use my time fasting?**
 - Fasting is giving up something for a season to draw closer to God - pray, read Scripture, meditate on God's Word