

FASTING GUIDE

TOTAL OR COMPLETE FAST

Involves abstaining from all food.

- Some people may drink herbal tea or broth in addition to water.
- Examples from the Bible include Esther 4:16 and Matthew 4:2.

A PARTIAL FAST

Involves limiting what or when you eat.

- Eating only during specific hours or meals.
- Examples include time-restricted eating (e.g., between 12-5 pm). or having only one meal a day at dinner.
- Giving up specific foods like sweets, bread, or meat.
- A Daniel fast eating only vegetables and plant-based foods.
- Fasting sun up to sun down.

MEDIA FAST

Involves giving up distractions and luxuries to focus more on prayer and time with God.

- Examples include taking time off from social networks (Instagram, Facebook, TikTok), refraining from watching television and streaming services.