



Types of Biblical Fasting

1. Normal fast

- This is the most common type of a fast done by Christians today. It is usually done as a sunrise to sunset fast (6 AM to 6 PM). Only water is permitted during these hours.

Example is: The Israelites when seeking direction from the Lord (Judges 20:26)

2. Partial fast

- In this fast, certain foods are avoided for a period of time, but not all food. The diet is restricted and devoid of choice foods. It often includes simple foods like vegetables, grains and fruits.

Example is: Daniel's fast in Babylon (Daniel 1:12 and Daniel 10:2–3)

3. Absolute fast

In this fast, there is a complete abstention from both food and water. It is intense and done in times when there is impending doom or when seeking an extraordinary spiritual experience.

Examples are: Esther when seeking favour from God to go before the King (Esther 4:16), Paul after his encounter with Jesus on his way to Damascus (Acts 9:9)

4. Complete fast

In this fast, only water is permitted. All solids and liquids are to be avoided. It can vary from a single day to several days.

*** Fasts can be done individually- by yourself or corporately- along with other believers.**