

21 DAYS OF PRAYER & FASTING

A guide to a deeper relationship with God

What is prayer?

Prayer is a communion of oneself with God, a space where we can hear and be heard by God himself.

What is fasting?

Fasting is a spiritual discipline designed to remove distractions and worldly dependency, and focus our dependency on God. It has been used as a time to reflect, repent, mourn, petition, wait, and get direction from God.

How to fast

Prepare yourself, both mentally and physically. This can include consulting with a doctor, buying the things you will need, getting rid of the things you will not. Preparation spiritually will look like deciding on a reading plan for your scriptures, making extra time to pray and spend time with God. Making sure your calendar is cleared from extra events.

Set a time line. Fasts can be for one day, 3 days, 1 week, 21 days, or 40 days. It is good to start where you are able to and commit to fast for that period of time.

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What kinds of fasts are there?

Complete Fast

In this type of fast, you drink only liquids, typically water with light juices as an option.

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 in the morning and afternoon. This can either correlate to specific times of the day, such as 6:00 am to 3:00 pm, 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.