

Series: “21 Days of Prayer And Fasting”

Video Coaching Lesson: 3

Title: “Four Ways To Practice Fasting”

Intro:

I want to give you a run down on some basic ways to fast, because this takes some preparation.

Four Ways To Practice Fasting:

1. Complete Fast -

- **Matthew 4: 1-2** - Jesus fasted before he formerly began his ministry!
- A “Complete” fast is where you only take in water and liquids.
- I have never done this, and don’t necessarily recommend it if you have never fasted before.
- If this is something you want to tackle, I encourage you to consult with your family doctor.

2. Selective Fast -

- This was practiced by Daniel in the Old Testament.
- **Daniel 10:3**
- This is not fasting from everything.
- You select certain things to fast from. Daniel fasted from “rich” or “sweat” food. He ate meat and vegetables.

- So often, God's ways bring other blessings to our lives. If you read the account of Daniel, you will see how this practice also produced physical benefits for him!
- Some of us may choose to go without: Coffee, sweets, ...

3. Partial Fast -

- This is a complete fast, but not all day.
- This is structured around certain times.
- The absence of food, or something else, usually creates a hunger (especially at first).
- This hunger serves as a reminder of how we should hunger and thirst after God.

4. "Soul"/Physical Fast -

- This is where I select something that I have allowed my mind, soul, or emotions to have that I will not allow for a period of time.
- **Example:** Social Media, Cable News.
- I mentioned earlier about consulting a physician with the more extreme food fasts. I know some of us may struggle with eating disorders. This last option is a great way to participate in a corporate fast.