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# Why Fast?

Christians fast to deepen their relationship with God. It is a powerful tool for strengthening our spiritual life, by denying our flesh of physical desires and appetites for a specific period of time. Fasting is a form of consecration. To consecrate oneself means being set apart, dedicated and made holy for God's specific purpose.

## Key Reasons for Christian Fasting:

- **Draw Closer to God:**
  Fasting removes distractions (like food, social media) to focus energy and attention on prayer and intimacy with God, remembering that Christ is more essential than physical comforts

- **Seek Guidance & Power:** To gain wisdom, direction, or supernatural help in difficult situations, as seen with figures like Jehoshaphat and Daniel.

- **Repentance & Humility:** To express sorrow for sin, acknowledge dependence on God's provision, and show a humble heart.

- **Spiritual Discipline:** To exercise self-control, train the spirit, overcome temptation (like Jesus in the wilderness), and say "no" to fleshly desires.

- **Earnestness in Prayer:** To show God they are serious about a need or request, putting their actions behind their words.

# TYPES OF FASTS

Your personal fast should present a level of challenge, but it is very important to know your body, your options, and most importantly, to seek God in prayer and follow what the Holy Spirit leads you to do.

## 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.