



21-Day Fasting Guide

Why We Fast

Biblical fasting is a spiritual discipline of humbling ourselves before God by abstaining from food for a spiritual purpose. Fasting draws us closer to God, clears away distractions, and helps us align our hearts with His will. Jesus expected His followers to fast (Matthew 6:16–18) and demonstrated it Himself (Matthew 4:1–2).

Fasting is not about earning God's favor or manipulating Him for results—it's about spiritual intimacy. It's not a diet. It's a declaration that God is our greatest need.

Throughout the Bible, fasting is paired with repentance (Joel 2:12–13), seeking guidance (Acts 13:2–3), mourning (Nehemiah 1:4), spiritual breakthrough (Isaiah 58:6–11), and growing in hunger for God (Psalm 42:1–2).

Types of Fasts:

- Time-Restricted Fast (e.g., no food before or after certain hours)
- Daniel Fast (vegetables, fruit, water only – Daniel 1:12; 10:2–3)
- Partial Fast (e.g., no meat, sugar, caffeine)

Each person should ask God what kind of fast to practice. Be wise and consult a doctor if needed.

In Addition

In addition to fasting from food, we encourage limiting media or entertainment during this time—not as a fast, but as a helpful way to eliminate distractions and turn your attention more fully to God.

