



HIGHPOINT CHURCH

FASTING GUIDE

Week of Prayer and Fasting
January 17, 2021 - January 24, 2021

What is Fasting?

Simply stated, Biblical fasting is refraining from food for a spiritual purpose. According to the Bible, there are three duties of every Christian: give, pray and fast. Fasting takes a lot of discipline and strength – strength which you can only receive from God. Your private discipline will bring you rewards in Heaven, says Matthew 6.

When you give God your first through fasting, prayer and giving at the beginning of the year, you set the course for the entire year. This year our theme is **REBUILD**. Join us in praying and fasting for the following items:

- **Praying for God's favor in all we do**
- **Praying for growth at both campuses**
- **Our church pastors, staff and leaders**
- **Our church families**
- **Our communities, state, and nation**
- **Prayer for God's wisdom and mercy**

TYPES OF FAST

The type of fast you choose is between you and God. He will honor your best sacrifice. You may want to include a combination of fasts. For example, you may want to participate in a Full Fast for 1-3 days and then continue with a Daniel Fast for the remainder of your time of consecration. Below are four types of fasts found in the Bible:

Full Fast

Drink only liquids during this fast. When Jesus fasted 40 days in the wilderness he only had water to drink. But He also did not have a rigorous schedule to keep. This is a difficult fast to do for any extended period of time. We suggest that if you choose this fast that you drink natural fruit juices as needed to help keep up your physical strength. Of course you must drink plenty of water every day. We recommend you avoid drinking milk on this type of fast due, in part to its high fat content. If you find yourself getting very weak and struggling to get through a particularly difficult or strenuous day you may consider mixing a powdered protein drink with water or juice.

The Daniel Fast

Eat no meat, no sweets and no bread. Drink water and juice. Eat fruits and vegetables. Since you actually do get to eat solid food on this fast it really is a great fast for someone who has never fasted before or who may have physical or health reasons that preclude them from a full fast.

3-Day Fast

This fast can be a Full Fast, Daniel Fast or give up at least one item of food.

Partial Fast

A partial fast is from 6:00 am to 3:00 pm or from sun up to sundown. This fast can be a Full Fast, Daniel Fast or give up at least one item of food.