

## What is Fasting?

Leviticus 16:29 *“This shall be a statute forever for you: In the seventh month, on the tenth day of the month, you shall afflict your souls...”*

This verse is God’s instruction regarding the Day of Atonement ritual in the OT... but the phrase “afflict your souls” is also translated as self-denial...it’s speaking of fasting as not just denying the body, but denying our desires, our appetites, and our wants.

So, fasting is an act of self-denial... but it’s not JUST an act of self-denial...

The purpose of fasting is to go without something temporal in order to hunger for the eternal. Fasting is a way of saying that food, drink, and physical sustenance are actually secondary to something else. We fast in order to develop greater levels of intimacy, dependence, communion, and communication with God.

**Fasting is a physical abstinence for the purpose of spiritual investment**

### Types of Fasts

#### 1. Full Fast – No food. Liquids Only.

– A typical “Full Fast” is actually no food and no drink for 1 – 3 days. Doing that for 10 days is not a good idea.

– Even with liquids, this type of fast is very difficult and should be done thoughtfully and carefully, especially for an extended period of time like 10 days. Most often in Scripture, these types of fasts last anywhere from 3 – 7 days. There are instances where these types of fasts extend longer than that, but in those instances, there is direct guidance from God or supernatural ability given by God to complete this type of fast.

– If you’re new to fasting, I would encourage you not to start with 10 days with no food. It will be wildly unpleasant for you... and anyone who happens to be near you during that time. “Hangry” will take on a whole new meaning.

#### 2. Daniel Fast – Planted Foods & Water

– Daniel 1 refers to vegetables but in the original language, it means things that are sown which would include fruits, vegetables, beans, nuts, seeds, and whole grains. Daniel actually practiced this type of fast for 10 days, and then later for 21 days. Misty and I have done this several times, and if you’re new to fasting, this might be a good starting point for you.

#### 3. Partial Fast – Restriction of Your Choosing

– This could be that you don’t eat food from sun up to sundown. (Regular Fast) Or that you abstain from at least one meal/day for 10 days or a specific type of food for 10 days. It could be abstaining from caffeine, alcohol, sugar...

– IMPORTANT: if maybe you’ve had an unhealthy relationship with food in the past and you’re concerned about practicing a food fast you might consider another type of partial fast. Electronics, social media, your phone, or different forms of entertainment.

**Whatever it is that you abstain from, remember that the point of your fast is to create a physical hunger that drives you to deeper levels of intimacy with God—to find your satisfaction and fulfillment in God.**