

# Types of Fasting in the Bible



## Regular Fast

Traditionally, a regular fast means refraining from eating all food. Most people still drink water or juice during a regular fast.



## Partial Fast

This type of fast generally refers to omitting a specific meal from your diet or refraining from certain types of foods.



## Liquid Fast

This is a type of partial fast that eliminates solid food, but allows for water, juice and in some cases, broth.

*In **Daniel 1:12**, they restricted their diet to vegetables and water: "Please test your servants for ten days: Give us nothing but vegetables to eat and water to drink."*



## Full or Complete Fast

These fasts are absolute - no food and no drink.

*Esther called for this type of fast in **Esther 4:15-16**: "Then Esther sent this reply to Mordecai: 'Go, gather together all the Jews who are in Susa, and fast for me. Do not eat or drink for three days, night or day. I and my maids will fast as you do. When this is done, I will go to the king, even though it is against the law. And if I perish, I perish.'"*



## Sexual Fast

***1 Corinthians 7:5** says, " Do not deprive each other except by mutual consent and for a time, so that you may devote yourselves to prayer. Then come together again so that Satan will not tempt you because of your lack of self-control."*



## Fast from Worldly Desires

For example, giving up coffee or soda or social media.