

# Guide to Fasting

**WHAT?** Fasting is essentially giving up food (or something else) for a period of time in order to focus your thoughts on God. While fasting, you spend time reading the Bible and praying, as well as listening to God.

**WHY?** Our objective is to be with God, to grow in our relationship with Him, as well as to seek His direction.

**HOW?** A fast can look different for each person depending on the type of fast you choose.

- **Selective Fast-** This type of fast involves removing certain elements from your diet. One way is to not eat your favorite food or drink for the day, week, or month.
- **Partial Fast-** This involves abstaining from eating any type of food in the morning and/or afternoon.
- **Soul Fast-** This fast is a great option for people who cannot fast for health reasons but want to join us as well. The idea is that you are giving up something that you normally enjoy and you are using that time to seek God in prayer, praise, and reading the scriptures. For example, you might choose to stop using social media or watching television for the duration of the fast.

**PRAYER** - There are many ways to pray. One way that we encourage you to practice is through the ACTS model.

**A**doration      Praising God for who He is, worship Him

**C**onfession      Confessing your sins to God

**T**hanksgiving      Giving thanks to God for all He has done

**S**upplication      Make your requests to God for yourself and others

Another way to pray is by using the model Jesus taught in Matthew 6:9-13, commonly known as the Lord's Prayer. Matthew 6:5-18 is also the guide Jesus gives directly to us about both fasting and prayer.