



21 Days of Prayer and Fasting

November 1– 21, 2019

Choose Your Fast

Absolute or Complete Fast

This fast involves total abstinence from food and water Normally no more than 3 days at a time

This fast is only recommended for those experienced in fasting. Jonah 3:7, Esther 4:16, Acts 9:9

Normal or Typical Fast

This fast is totally refraining from food and only drinking water. Distilled or bottled water is recommended, it aides in flushing toxins out of our bodies.

In Matthew 4:2 we see that Jesus was hungry but not thirsty. It is believed that he drank water

(Deut. 9:9), (Ezra 10:6), (Esther 4:16), (Acts 9:9)

Daniel Fast



Restricting diet of certain foods or a meal a day. This fast consists of fruits and vegetables only – no bread or other starches, no meat or sweets. In addition, one who goes on a Daniel Fast should go for an extended period of time. You are not making a sacrifice if you eat all day. We suggest you set a designated time for your meals

Daniel 10:1-12

Please consult your physician before engaging in any major dietary changes

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