



SACRED WHISPERS

VOLUME 3

COMPANION GUIDE - TYPES OF FASTS



A TIME OF CONSECRATION

Regular Fast

Eat no food of any kind. Drink only liquids... (The Holy Spirit establishes the number of days). *(This fast should be done with extreme caution, and medical consultation.)*

- Biblical Insight → Jesus-Matthew 4:1;2

The 3-Day Fast

This fast can be a Regular Fast, the Daniel Fast, or a fast of one or more food items.

- Biblical Insight → Acts 9:9, Ezra 10:6-9

The Daniel Fast

Eat no meat, no sweets and no bread. Drink water and juice. Eat only fruits and vegetables.

- Biblical Insight → Daniel 10:2,3

You may also want to consider one of these fasts for your 31 days of Consecration & Prayer

Entertainment Fast

Abstaining from all forms of carnal entertainment for a particular period of time, in order to "feed" your spirit and not the flesh, or carnal nature.

Normally includes: television, movies, secular music, secular magazines/readings, sporting events, etc.

- Biblical Insight → Colossians 3:1-2

A Fast of Compassion and/or Service

Involves intentionally giving and extending compassion to anyone in need in a tangible way that is particularly uncharacteristic to your normal habits of showing compassion, or doing acts of service.

- Biblical Insight → Isaiah 58:6,7

A Partial Fast

A partial fast is from morning to evening or from sun-up to sundown. This fast can be a Full Fast, the Daniel Fast, or a fast of one or more food items.

The New Life Church family announces the commencement of a Church-Wide "Corporate Fast" to last 31 days, beginning on Tuesday, January 1, 2022. Join us as we Re-Consecrate our lives to God and Re-Discover the glory of our Relationship with the KING.

Fast Starts: January 1st 2022
Fast Ends...31 days later
January 31st 2022

Full Fast

Eat no food, or water for a particular length of time. *(This fast should be done with extreme caution, and medical consultation. New Life Church does not encourage this fast without direction from your physician.)*

- Biblical Insight → Esther, Moses & Elijah
Esther 4:15,16; Exodus 34:28; 1Kings 19:8

Marital Intimacy Fast

Abstaining from sexual relationship with one's spouse for a mutually agreeable length of time.

The scriptures do not support undergoing this fast unless *both spouses* whole-heartedly agree to its practice and/or to a particular length of time

- Biblical Insight → 1Corinthians 7:1-3





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31 DAYS OF PURSUING GOD...

*Preparing ourselves to grow
in the grace and knowledge
of Jesus Christ.*