



# SACRED WHISPERS

**VOLUME 4**

**COMPANION GUIDE - TYPES OF FASTS**



# **31 DAY CHURCH-WIDE CORPORATE FAST**

Join us as we connect  
with God.



# 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 Sunday, January 1, 2023. Join us as we Re-Consecrate our lives to God and Re-Discover the glory of our Relationship with the KING.

**Fast Starts: January 1<sup>st</sup> 2023**  
**Fast Ends...31 days later**  
**January 31<sup>st</sup> 2023**

## 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





# NEW LIFE CHURCH

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## 31 DAYS OF PURSUING GOD...

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