

FASTING OPTIONS

1 . THE DISCIPLES FAST:

Fasting to break addictions.

Matthew 17:20,21

2 . THE EZRA FAST:

Fasting to solve problems and seek protection. Ezra 8:21 – 23

3 . THE SAMUEL FAST:

Fasting to win people to Christ and to get God to pour Himself out on Mankind. 1 Samuel 7:1 – 8

4 . THE ELIJAH FAST:

Fasting to break every yoke. 1 Kings 19:2-18

5 . THE WIDOW'S FAST:

Fasting so that others needs will be met. 1 Kings 17:12

6 . THE SAINT PAUL FAST:

Fasting for wisdom and insight from God. Acts 9:9-19

7 . THE DANIEL FAST:

Fasting for good health and obedience towards God. Daniel 1:12-20

8 . THE JOHN THE BAPTIST FAST:

Fasting for a stronger testimony and influence. Matthew 3, Luke 1:15

9 . THE ESTHER FAST:

Fasting for protection from the evil one. Esther 4:16

Option #1: Abstain from all foods and drinks. Focus: For wisdom and insight from God. (St. Paul Fast)

Option # 2: Fruits and Vegetables Only. Focus: For good health and obedience towards God. (Daniel Fast)

Option #3: Abstain from all sodas and sweets; Natural sweeteners and fruits are okay. Focus: To solve problems and seek protection from the evil one. (Ezra & Esther Fasts)

Option #4: Abstain from all types of fried foods and breads. Focus: To win people to Christ; Fasting so that others needs will be met; for stronger testimony and influence. (Samuel, Widows and John the Baptist Fasts)

Option #5: Abstain from meats and sweets. Focus: Fasting to break addictions and every yoke. (Disciples and Elijah Fasts)

SUGGESTED FOOD GUIDELINES:

WHOLE GRAINS: Brown Rice, White Rice

LEGUMES : Dried Beans, Lima, Northern, Garbanzo, Pinto Red, Black, Kidney, Great Northern, Navy, Split Peas, Lentils, Black-eyed peas

NUTS : Almonds, Peanuts, Pecans, Sunflower Seeds

FRUITS: Apples, Apricots, Avocado, Applesauce, Bananas, Blackberries, Blueberries, Boysenberries, Cantaloupe, Cherries, Cranberries, Currants, Dates, Figs, Grapefruit, Grapes, Guava, Honeydew Melon, Nectarines, Kiwi, Lemons, Limes, Mangos, Mandarin Oranges, Papayas, Peaches, Pears, Pineapples, Plums, Prunes, Raisins, Raspberries, Strawberries, Tangerines, Watermelon.

VEGETABLES: Artichokes, Asparagus, Beets, Broccoli, Brussel Sprouts, Cabbage, Carrots, Cauliflower, Celery, Chili Peppers, Collard Greens, Corn, Cucumbers, Dandelion Greens, Eggplant, Endive, Garlic, Gingerroot, Green Beans, Kale, Leeks, Lettuce, Mixed Vegetables, Mushrooms, Mustard Greens, Okra, Onions, Parsley, Peas, Potatoes, Pepper, Pumpkin, Radishes, Rutabagas, Scallions, Spinach, Sprouts, Squashes, Sweet Potato, Tomatoes, Turnips, Watercress, Wax Beans, Yams, Zucchini

LIQUIDS : Spring water, Distilled water, 100% All –natural fruit juices. 100% All-natural vegetable juices

OILS: Herbs; Olive Oil; Salad Dressings: Vinaigrette- Homemade using vinegar, Olive Oil and Herbs; Homemade French & Italian

SWEETENERS: Honey, Maple Syrup