

# Types Of Fasts

By FLOODGATES Team

## **Complete Fast**

This type of fast is a liquid fast. During this kind of fast you can drink water or light juices.

## **Daniel Fast**

This fast is modeled by Daniel during his time at King Nebuchadnezzar's court. A Daniel Fast involves removing elements such as meat, sweets, and bread from your intake and calls for eating fruits and vegetables and drinking water and juices.

## **Partial Fast**

A partial fast is when you determine a specific time of the day to abstain from eating any type of food. This can look like not eating from sunrise to sunset or skipping a certain meal of the day, like lunch or dinner.

## **Custom Fast**

Fasts in which you can customize to your specific needs. You can decide to fast from using social media, eating fast food, listening to secular music, or even decide to fast for a specific day of the week.

No matter what type of fast you choose, remember that the most important part is to remove something in order to replace it with focusing your attention on God.