

Fasting Information

What to Do

Determine your fasting goal through prayer. For example, you may wish to grow deeper in your relationship with God, fast for a family member, your marriage, an addiction, a decision that you need to make, emotional or physical health, your finances, a child or life purpose and direction. Ask the Holy Spirit to help you.

Email prayer@heartlandalliance.ca. If you would like to receive prayer, send an email with your requests.

Commit to participating in Nights of Prayer as they occur. You can also go online to view a previous Night of Prayer on our YouTube page.

Commit to a type of fast. (See “Types of Fasts” on the next page.)

Commit to Bible reading.

Join together with your Small Group. You can fast on the day of your Small Group meeting or you can all fast and pray for the same things. Discuss this with your group, encourage one another in your fasting and pray for each other about your fasting at your Small Group meetings.

As you fast, monitor the inner attitude of your heart. At first, you’ll focus on the physical aspects of the fast, but it is most important to monitor the inner attitude of the heart. Outwardly, you perform regular duties of the day, but inwardly you will be in prayer and adoration, song and worship to God!

Types of Fasts

Partial Fasts (particularly if you've never tried fasting before)

1. 24-Hour Partial Fast

- This is a full day of fasting, from one meal to the same meal on the next day, for example, lunch to lunch.
- You can drink fruit or vegetable juices.
- You can fast 1 day per week or 1 day per month, etc.

2. One-Meal-Per-Day Fast

- Fast one meal per day for one or more days per week.

3. Daniel Fast

- This is a partial fast where you eat only foods like vegetables, nuts, fruit, water, etc.
- It is usually a 24-day fast.

4. Medical Condition Fast

- If you have physical reasons why you should not fast from food (diabetes, hypoglycemia, expectant mothers, heart patients, etc.), you may still be able to do a modified fast (from junk food, coffee, etc.).

If you have a medical condition, always seek medical advice before beginning a fast.