

## Different Types of Prayer and Fasting

1. **Water Only:** No food is consumed, and only water is utilized rather than coffee, soft drinks, etc.. The exception is the miraculous fast where neither food or water was taken.
2. **Miraculous Fast:** These are called miraculous because in the natural, we cannot survive without water. *Ex. 34:28; I Kings 19:8*
3. **No food or water:** In very extreme cases of emergency no water is received. In most cases these were national emergencies. *Esther 4:3; Jonah 3:1-10; Acts 9:9.*
4. **Daniel Fast:** This technically is not a fast. (abstaining from food), but it is blessed by God. Daniel and his friends abstained from all pleasant food, and only vegetables and water were consumed. (*Dan. 1:12-17*) In other words: “a restriction to certain foods for a designated period of time as unto the Lord.” Some fasting is achieved by limiting consumption to juices or liquids. Since fasting must never become a legalistic form, we should expect benefits anytime we deny our appetites and seek the Lord with an open heart. However in the purest biblical sense fasting is abstaining from food.

## Practical Tips for Prayer and fasting

1. Do not fast if there are medical or dietary reasons which prohibit you, or if you are pregnant or a nursing mother.
2. If you choose a water fast, drink a minimum of 2 quarts of room temperature water each day.
3. If this is your first attempt, try 1 meal or 1-24 hour period of time.  
Fasting with prayer and seeking God has great benefits.
4. We must have a proper attitude. (*Matt. 6:16-18; Is, 58:1-5; Jer. 14:10-12*)
5. Fasting should be mixed with the word of God. (*Jer. 36:6*)  
If you are a coffee, tea or soft drink consumer, you may choose to abstain from coffee, tea, and soft drinks a few days before the fast.
6. Bad breath cannot be avoided, and is caused by the coating of the tongue. The body is on the lookout for food, and begins to digest waste material, and deposits of fat resulting in bad breath. It is not advisable to rely on breath mints alone. Liquid breath refresher is the best choice.