

GODFIDENCE

Set & Achieve God-Sized Goals with Confidence in 2025

The Simple Guide To Fasting
With Purpose.

Includes 13 Types of
Fasts From The Bible

Hosted By
Coach *JJ*

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[Part 1: Types of Biblical Fasts.](#)

Discover the various fasts described in the Bible, their unique purposes, and how they were used to seek God's guidance, intervention, and strength. From the Esther Fast to the Daniel Fast, explore how these spiritual disciplines can inspire and guide your own fasting journey.

[Part 2: Why We Fast.](#)

Understand the heart behind fasting—whether for repentance, deliverance, preparation, guidance, or worship. Learn how fasting draws us closer to God, aligns our hearts with His will, and allows us to experience His transformative power in every area of life.

[Part 3: Practical Guide to Fasting.](#)

Get step-by-step instructions on how to fast effectively and intentionally. This section covers choosing the right type of fast, incorporating prayer and Scripture, managing physical health, and breaking your fast with purpose.

[Part 4: Personal Reflection](#)

Pause and reflect on your own fasting journey. This section includes questions to help you identify spiritual goals, assess personal growth, and deepen your relationship with God as you embark on or continue fasting.

[Part 5: Submitting Your Calling God Through Fasting](#)

Reflect on how fasting can transform your business, ministry, or leadership. This section explores how submitting these areas to God through fasting can help you align your work with His will, amplify your impact, and deepen your dependence on His guidance. Let it inspire you to invite Him into every facet of your calling.

Types of Biblical Fasts

The Bible describes several types of fasts, each with unique purposes and practices. Below are examples of notable fasts in Scripture:

1. The Esther Fast

- **Reference:** Esther 4:15-17
 - **Type of Fast:** Complete fast (no food or drink for three days and nights).
 - **Purpose:** For divine intervention and deliverance.
 - **Context:** Esther and the Jewish people fasted to seek God's favor before she approached King Xerxes to plead for the lives of her people.
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2. The Daniel Fast

- **Reference:** Daniel 1:12-16; Daniel 10:2-3
 - **Type of Fast:** Partial fast (no rich foods, meat, or wine; vegetables and water only).
 - **Purpose:** For physical and spiritual clarity and consecration to God.
 - **Context:**
 - In Daniel 1, Daniel and his friends abstained from the king's rich food to remain faithful to God's laws.
 - In Daniel 10, Daniel mourned and fasted for three weeks, eating no rich food, meat, or wine, while seeking understanding and guidance.
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3. The Moses Fast

- **Reference:** Exodus 34:28; Deuteronomy 9:9-18
 - **Type of Fast:** Supernatural fast (no food or water for 40 days and nights).
 - **Purpose:** To prepare for receiving God's revelation.
 - **Context:** Moses fasted on Mount Sinai when he received the Ten Commandments.
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4. The Elijah Fast

- **Reference:** 1 Kings 19:7-8
 - **Type of Fast:** Supernatural fast (sustained by divine provision, food eaten before fasting sustained him for 40 days and nights).
 - **Purpose:** For physical renewal and spiritual strength.
 - **Context:** Elijah fasted as he journeyed to Mount Horeb after fleeing Queen Jezebel.
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5. The Jesus Fast

- **Reference:** Matthew 4:1-2; Luke 4:1-2
 - **Type of Fast:** Complete fast (no food for 40 days and nights; water not explicitly mentioned but implied).
 - **Purpose:** To prepare for ministry and spiritual empowerment.
 - **Context:** Jesus fasted in the wilderness while being tempted by the devil, drawing strength and clarity for His mission.
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6. The Paul Fast

- **Reference:** Acts 9:9
 - **Type of Fast:** Complete fast (no food or drink for three days).
 - **Purpose:** For repentance and spiritual transformation.
 - **Context:** After his encounter with Jesus on the road to Damascus, Paul fasted while waiting for Ananias to come and restore his sight.
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7. The Ezra Fast

- **Reference:** Ezra 8:21-23
 - **Type of Fast:** Partial fast (specific food or drink not mentioned).
 - **Purpose:** For protection and guidance.
 - **Context:** Ezra proclaimed a fast to seek God's protection and guidance before leading the Israelites back to Jerusalem.
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8. The Jehoshaphat Fast

- **Reference:** 2 Chronicles 20:3-4
 - **Type of Fast:** Corporate fast (entire nation fasted).
 - **Purpose:** For deliverance and divine intervention.
 - **Context:** King Jehoshaphat called a fast when Judah was threatened by a vast enemy army, seeking God's help and protection.
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9. The Nineveh Fast

- **Reference:** Jonah 3:5-10
- **Type of Fast:** Complete corporate fast (no food or water for all, including animals).
- **Purpose:** For repentance and turning away from sin.
- **Context:** The people of Nineveh fasted and repented after Jonah's warning of impending judgment, leading God to relent from destroying the city.

10. The Widow's Fast

- **Reference:** 1 Kings 17:8-16
 - **Type of Fast:** Sacrificial fast (giving up food for others).
 - **Purpose:** To provide for others in faith.
 - **Context:** The widow of Zarephath used her last resources to feed the prophet Elijah, trusting God's provision, which resulted in miraculous sustenance.
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11. The Disciples' Fast

- **Reference:** Matthew 17:21 (some manuscripts); Mark 9:29
 - **Type of Fast:** Complete or partial fast (details not specified).
 - **Purpose:** For deliverance and breaking spiritual strongholds.
 - **Context:** Jesus indicated that certain kinds of demonic oppression could only be overcome through prayer and fasting.
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12. The Anna Fast

- **Reference:** Luke 2:36-37
 - **Type of Fast:** Lifelong fast (regular, likely intermittent fasting as part of worship).
 - **Purpose:** For worship, intercession, and devotion to God.
 - **Context:** Anna, the prophetess, worshiped in the temple with fasting and prayer, awaiting the Messiah.
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13. The Early Church Fast

- **Reference:** Acts 13:2-3; Acts 14:23
 - **Type of Fast:** Corporate fast (specific food or drink not mentioned).
 - **Purpose:** For commissioning leaders and seeking divine direction.
 - **Context:** The early church fasted and prayed when sending out Paul and Barnabas as missionaries and when appointing elders in new churches.
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Why Fast for Repentance, Deliverance, Preparation, Guidance, or Worship?

Fasting is a spiritual discipline deeply rooted in the Bible. It is often combined with prayer to deepen our relationship with God, seek His intervention, or align our hearts with His will. Here's an explanation of the reasons for fasting and their significance:

1. Repentance

- **What It Is:**
Repentance involves turning away from sin and returning to God with a contrite heart. Fasting for repentance is an act of humility, acknowledging one's sins and seeking God's mercy and forgiveness.
 - **Why It's Important:**
Fasting demonstrates sincerity and a desire to change. It's a way to humble yourself before God, showing dependence on His grace and a willingness to realign with His ways.
 - **Biblical Example:**
The people of Nineveh fasted and repented after Jonah warned them of impending judgment, and God spared their city (Jonah 3:5-10).
 - **When to Fast for Repentance:**
During moments of conviction, before significant spiritual decisions, or after recognizing personal or corporate sin.
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2. Deliverance

- **What It Is:**
Fasting for deliverance is seeking God's intervention to break strongholds, overcome spiritual battles, or be freed from oppression.
 - **Why It's Important:**
Fasting invites God's power to intervene in seemingly insurmountable situations. It shifts the focus from your own efforts to relying fully on God's strength.
 - **Biblical Example:**
Esther fasted for three days before approaching the king to seek deliverance for the Jews (Esther 4:15-17).
 - **When to Fast for Deliverance:**
During spiritual battles, oppression, or when facing impossible odds.
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3. Preparation

- **What It Is:**
Fasting for preparation is seeking God's guidance and empowerment before stepping into a new season, calling, or responsibility.
 - **Why It's Important:**
Fasting clears distractions and creates space for God to prepare your heart and mind for what lies ahead. It is an act of consecration, dedicating yourself to His purpose.
 - **Biblical Example:**
Jesus fasted for 40 days in the wilderness before beginning His ministry (Matthew 4:1-2).
 - **When to Fast for Preparation:**
Before a new ministry, major life transition, or significant spiritual step.
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4. Guidance

- **What It Is:**
Fasting for guidance involves seeking God's direction and wisdom for decisions or understanding His will in specific situations.
 - **Why It's Important:**
Fasting quiets the noise of the world and positions your heart to hear from God clearly. It shows dependence on His wisdom rather than your own understanding.
 - **Biblical Example:**
Ezra fasted to seek God's protection and direction before leading the Israelites back to Jerusalem (Ezra 8:21-23).
 - **When to Fast for Guidance:**
When faced with major decisions, uncertainties, or needing clarity in life's direction.
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5. Worship

- **What It Is:**
Fasting as an act of worship focuses entirely on honoring God, drawing near to Him, and expressing devotion.
- **Why It's Important:**
It shifts the focus from personal needs to exalting God, creating intimacy with Him. It's a way to prioritize Him above all else, even basic needs like food.
- **Biblical Example:**
Anna fasted and prayed in the temple as a lifestyle of worship while awaiting the Messiah (Luke 2:36-37).
- **When to Fast for Worship:**
During seasons of gratitude, spiritual renewal, or simply to draw closer to God.

When Should I Fast?

Fasting in the Bible often occurred during pivotal moments, such as:

1. **Before Important Decisions:**
 - The early church fasted before appointing leaders (Acts 14:23).
2. **In Times of Crisis:**
 - Jehoshaphat proclaimed a fast when Judah was threatened by enemies (2 Chronicles 20:3).
3. **During National Repentance:**
 - The entire city of Nineveh fasted and repented after Jonah's message (Jonah 3:5-10).
4. **For Spiritual Strength:**
 - Jesus fasted in the wilderness before His public ministry (Matthew 4:1-2).

Fasting wasn't limited to specific times of the year but was often tied to events, needs, or divine revelation.

The Bible doesn't mandate specific annual fasts for Christians, but there are certain times when fasting is particularly meaningful:

1. Beginning of the Year (Consecration and Dedication)

- Many Christians fast at the start of the year to seek God's direction and align themselves with His will for the year ahead.

2. Lent (Preparation and Repentance)

- Lent, the 40 days leading to Easter, is a traditional time of fasting for many Christians, reflecting Jesus' 40 days in the wilderness.

3. Before Major Life Events

- Like the biblical examples, fasting before significant decisions, ministry, or transitions is common.

4. Seasons of Spiritual Warfare

- When facing intense challenges or needing deliverance, fasting focuses reliance on God's power.

5. Corporate Fasting Periods

- Churches or communities may call for collective fasts for revival, healing, or intercession.

How Should We Approach Fasting?

- **With Purpose:** Identify why you're fasting (e.g., repentance, guidance).
 - **With Prayer:** Fasting without prayer is just going hungry. Prayer is the power source of fasting.
 - **With Faith:** Trust that God sees your heart and will respond according to His will.
 - **With Balance:** Avoid legalism—fasting is about relationship, not ritual.
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Beginning of the Year (Consecration and Dedication)

Why Fast at the Start of the Year?

Fasting at the beginning of the year is a powerful way to dedicate the year to God, seek His guidance, and position yourself spiritually for the months ahead. It's a way of prioritizing God above all else, asking for clarity, alignment with His will, and strength for the journey. Just as firstfruits were offered to God in the Bible, starting the year with fasting is like giving the first part of the year back to Him.

Suggested Dates

- **Start Date:** January 1st or the first Monday of the year to symbolize the beginning of a fresh season.
- **End Date:** This can vary based on the type and duration of the fast:
 - A 7-day fast (January 1st–7th) to dedicate the first week of the year.
 - A 21-day fast (January 1st–21st), inspired by Daniel's fast, to seek spiritual clarity and breakthrough.
 - A 30- or 40-day fast (January 1st–February 9th/10th), for deeper consecration and alignment with God's will.

How to Fast

Fasting should be approached prayerfully and with intentionality. Here's a guide:

1. Decide on the Purpose of Your Fast

Ask yourself: Why are you fasting? Is it for:

- **Consecration:** Dedicating the year to God.
- **Guidance:** Seeking clarity on His plans.
- **Spiritual Breakthrough:** Seeking freedom from stronghold or clarity in specific areas
- **Worship:** Deepening your intimacy with Him.

Clearly defining your purpose helps you remain focused during the fast.

2. Decide What Type of Fast to Undertake

The Bible describes various types of fasts. Choose the one that best aligns with your physical capacity and spiritual goals:

1. Complete Fast

- **What It Is:** No food, only water (or sometimes liquids like herbal teas).
- **Duration:** 1–3 days for most people; extended periods (e.g., 21 or 40 days) should only be undertaken with medical advice.
- **Purpose:** Deep consecration and dependence on God for strength.

2. Partial Fast (e.g., Daniel Fast)

- **What It Is:** Abstaining from certain foods, such as meat, sweets, bread, or rich foods. Eating vegetables, fruits, whole grains, and water.
- **Duration:** Commonly 7, 10, or 21 days.
- **Purpose:** Spiritual clarity and alignment, often for longer fasts.

3. Intermittent Fast

- **What It Is:** Fasting during specific hours of the day (e.g., from sunrise to sunset) and eating a light meal afterward.
- **Duration:** Daily, for a set number of days.
- **Purpose:** Sustained focus on God throughout the day.

4. Media/Social Media Fast

- **What It Is:** Abstaining from distractions like television, social media, or non-essential technology.
- **Duration:** Can be paired with a food fast or done on its own for the duration of the fasting period.
- **Purpose:** To reduce distractions and focus on prayer, worship, and scripture.

5. Sacrificial Fast

- **What It Is:** Giving up one or more items that are significant to you (e.g., caffeine, desserts, certain meals).
- **Duration:** Flexible, often combined with prayer and worship.
- **Purpose:** A reminder to focus on God whenever you crave the item.

3. Include Prayer and Scripture Study

Fasting without prayer is just abstaining from food. Prayer is the key to connecting with God and drawing strength during the fast.

- **How to Pray:**
 - Start with gratitude, thanking God for the new year and the opportunity to draw closer to Him.
 - Ask for clarity, strength, and alignment with His will.
 - Intercede for specific areas: personal growth, family, career, ministry, and spiritual breakthrough.
 - **Scripture Study:**
 - Dedicate time each day to reading the Word.
 - Suggested Scriptures:
 - Proverbs 3:5-6 (Trust in the Lord for guidance).
 - Isaiah 58:6-11 (True fasting).
 - Matthew 6:16-18 (Jesus' teaching on fasting).
 - Joel 2:12-13 (Return to God with fasting).
 - Jeremiah 29:11-13 (God's plans and seeking Him).
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4. Maintain Physical Awareness

- **Listen to Your Body:**

Fasting doesn't mean neglecting your health. If you feel weak or unwell, consider modifying your fast (e.g., transitioning to a partial fast).
 - **Stay Hydrated:**

Drink plenty of water, especially during complete or partial fasts.
 - **Rest When Needed:**

Fasting can take a toll on your energy levels, so prioritize rest and avoid overexertion.
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5. End the Fast Gradually

When breaking a fast, especially longer ones:

- Start with light meals (soups, fruits, vegetables) to allow your body to adjust.
 - Reflect on revelations received during the fast, write down insights or commitments.
 - Thank God for the spiritual growth and renewal you've experienced.
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Invite Others to Join You

Fasting is even more powerful when done as a community. Here's how you can invite others to join:

1. **Create a Shared Purpose:**
 - Frame the fast as a collective act of seeking God's will for the new year.
 - Encourage participants to share personal prayer requests or areas they're fasting for.
2. **Set Clear Guidelines:**
 - Share the type of fast you're inviting them to join and the start/end dates.
 - Provide resources like scripture plans, prayer prompts, or fasting tips.
3. **Build Accountability:**
 - Host a weekly check-in via Zoom or a messaging group to share insights and encourage one another.
 - Include collective prayer times to build unity and focus.
4. **Celebrate Together:**
 - At the end of the fast, organize a prayer meeting or devotional to reflect on what God has done and celebrate His faithfulness.

Personal Reflection: Deepening Your Fasting Journey

Fasting isn't just an act; it's a heart posture. Take time to reflect on your spiritual journey and align your heart with God's purpose for your fast. Use the questions below to guide your thoughts and prayers.

Reflection Questions

1. Spiritual Alignment

- What is God placing on my heart in this season?
- How do I sense God leading me through this fast?
- Are there areas in my life where I've been holding back from full surrender?

2. Purpose and Intentions

- What breakthrough, clarity, or transformation am I seeking with this fast?
- What does God want me to let go of, and what does He want me to embrace?

3. Challenges and Strengths

- What fears, habits, or distractions might challenge my ability to stay focused?
- How can I rely on God's strength to overcome these challenges?

4. Emotional and Spiritual Giants

- Are there emotional giants—like fear, procrastination, or self-doubt—that have been holding me back from fully walking in my calling?
- How can this fast help me confront and overcome these giants with God's power?

5. Gratitude and Growth

- How has God been faithful in my past seasons of fasting or spiritual growth?
- What can I thank God for right now, even as I anticipate the breakthroughs to come?

6. Kingdom Impact

- How does my personal transformation impact the way I serve God's Kingdom in my business, ministry, or leadership?
- What steps can I take to align my goals and actions with His will?

Part 5: Submitting Your Calling to God Through Fasting

Fasting is more than a personal spiritual discipline—it's a powerful way to dedicate every area of your life, including your business, ministry, or leadership, to God. When you fast, you create intentional space to invite God into the decisions, challenges, and opportunities you face as a steward of His work.

Here's how fasting helps you submit your work to God and align it with His Kingdom purpose:

1. Seeking Divine Direction

In fasting, you position yourself to hear God's voice clearly amidst the noise of the world. Whether you're planning a new venture, seeking solutions to challenges, or discerning the next step in your leadership journey, fasting allows you to surrender your agenda and embrace His.

- **Reflection:** What decisions or uncertainties in your business, ministry, or leadership do you need God's guidance on?
 - **Scripture:** *"Your word is a lamp to my feet and a light to my path."* – Psalm 119:105
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2. Breaking Strongholds in Your Work

Every leader faces challenges—self-doubt, fear of failure, people-pleasing, or even spiritual resistance. Fasting invites God's power to break through these strongholds and bring clarity, confidence, and courage to your work.

- **Reflection:** Are there emotional or spiritual barriers keeping you from walking in your full authority?
 - **Scripture:** *"For the weapons of our warfare are not carnal but mighty in God for pulling down strongholds."* – 2 Corinthians 10:4
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3. Realigning Your Priorities with His Will

It's easy to get caught up in striving, perfectionism, or the pursuit of worldly success. Fasting helps you pause, recalibrate, and ensure that your efforts align with God's purpose for your work. By prioritising Kingdom impact over personal ambition, you step into a leadership style that glorifies Him.

- **Reflection:** Are your current goals in business, ministry, or leadership fully aligned with God's priorities for your life?
- **Scripture:** *"But seek first the kingdom of God and His righteousness, and all these things shall be added to you."* – Matthew 6:33

4. Strengthening Your Spiritual Authority

Your work in business, ministry, or leadership is not just practical—it's spiritual. Fasting equips you to lead with authority by sharpening your discernment, deepening your faith, and preparing you to face spiritual battles with boldness.

- **Reflection:** How can you invite God's authority to lead through you in your work?
 - **Scripture:** *"Be strong in the Lord and in the power of His might. Put on the whole armor of God, that you may be able to stand against the wiles of the devil."* – Ephesians 6:10-11
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5. Trusting God with the Outcome

Fasting shifts the burden of results from your shoulders to God's. It's an act of surrender that says, "Lord, I trust You with the results of my work." This trust allows you to serve with peace, knowing that He is working all things together for His glory and your good.

- **Reflection:** In what ways can you release control and trust God to guide the outcomes of your work?
- **Scripture:** *"Commit your works to the Lord, and your thoughts will be established."* – Proverbs 16:3

In Closing

Fasting is more than an act of discipline—it's a sacred opportunity to draw nearer to God, align your heart with His purpose, and unlock His transformative power in every aspect of your life. Whether you're seeking clarity, breakthrough, or a renewed sense of connection with Him, fasting empowers you to stand steadfast, walk in unwavering faith, and thrive in your God-given calling.

By submitting your emotions, decisions, and work to God through fasting, you open the door to profound transformation. This isn't just about spiritual renewal—it's about positioning your business, ministry, and leadership to operate from a place of divine alignment and Kingdom authority.

Let this guide serve as the catalyst for a journey of deeper intimacy with God, personal growth, and impactful Kingdom work.

Step forward equipped and expectant, ready to experience the full measure of His purpose for your life.