Types of Fasting in the Bible

Regular Fast
Traditionally, a regular fast means refraining from eating all food. Most people still drink water or juice during a regular fast.

Partial Fast
This type of fast generally refers to omitting a specific meal from your diet or refraining from certain types of foods.

In Daniel 1:12, they restricted their diet to vegetables and water: “Please test your servants for ten days: Give us nothing but vegetables to eat and water to drink.”

Liquid Fast
This is a type of partial fast that eliminates solid food, but allows for water, juice and in some cases, broth.

Full or Complete Fast
These fasts are absolute - no food and no drink.

Esther called for this type of fast in Esther 4:15-16: “Then Esther sent this reply to Mordecai: ‘Go, gather together all the Jews who are in Susa, and fast for me. Do not eat or drink for three days, night or day. I and my maids will fast as you do. When this is done, I will go to the king, even though it is against the law. And if I perish, I perish.’”

Sexual Fast
1 Corinthians 7:5 says, “Do not deprive each other except by mutual consent and for a time, so that you may devote yourselves to prayer. Then come together again so that Satan will not tempt you because of your lack of self-control.”

Fast from Worldly Desires
For example, giving up coffee or soda or social media.

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