New Life Fellowship

21 Days of Fasting

Resources

2025

The goal of fasting is to draw near to God.

Fasting enables us to celebrate the goodness and mercy of God. It prepares our hearts for all the good things God desires to bring into our lives. When deciding on a fast, we encourage you to seek God in prayer and follow what the Holy Spirit leads you to do.

21 Days of Prayer and Fasting is a special time for our church to join together in unity through prayer and fasting. In every situation, whether good or bad, we try to pray before we act. Prayer should be our first response, not our last resort.

These 21 days are an intentional time to combine the practice of fasting with prayer to help minimize natural distractions and hear the voice of God more clearly.

The vision of 21 days of prayer is that we are able to come together corporately (relationship), set aside through fasting, a sacrifice of our flesh, and in unity, declare with one voice what God is saying for the direction of the House going into the end of the year (freedom in Christ).

What is God saying to you?

Types of Fasts

Selective Fast

This type of fast involves removing certain elements from your diet. One example of a selective fast is the Daniel Fast, during which you remove meat, sweets, and bread from your diet and consume water and juice for fluids and fruits and vegetables for food.

Partial Fast

This fast is sometimes called the "Jewish Fast" and involves abstaining from eating any type of food in the morning and afternoon. This can either correlate to specific times of the day, such as 6:00 am to 3:00 pm, or from sunup to sundown.

What is God saying to you?

Types of Fasts

Complete Fast

In this type of fast, you drink only liquids, typically water with light juices as an option.

Soul Fast

This fast is a great option if you do not have much experience fasting food, have health issues that prevent you from fasting food, or if you wish to refocus certain areas of your life that are out of balance.

For example, you might choose to stop using social media or watching television for the duration of the fast and then carefully bring that element back into your life in healthy doses at the conclusion of the fast.

What is God saying to you?

Scripture References About Fasting

Matthew 6:16-18 (NIV)

16 When you fast, do not look somber as the hypocrites do, for they disfigure their faces to show others they are fasting. Truly I tell you, they have received their reward in full. **17** But when you fast, put oil on your head and wash your face, **18** so that it will not be obvious to others that you are fasting, but only to your Father, who is unseen; and your Father, who sees what is done in secret, will reward you.

Matthew 9:14-15 (NIV)

14 Then John's disciples came and asked him, "How is it that we and the Pharisees fast often, but your disciples do not fast?"
15 Jesus answered, "How can the guests of the bridegroom mourn while he is with them? The time will come when the bridegroom will be taken from them; then they will fast."

Nehemiah 9:1-3 (NIV)

1 On the twenty-fourth day of the same month, the Israelites gathered together, fasting and wearing sackcloth and putting dust on their heads. **2** Those of Israelite descent had separated themselves from all foreigners. They stood in their places and confessed their sins and the sins of their ancestors.
3 They stood where they were and read from the Book of the Law of the Lord their God for a quarter of the day, and spent another quarter in confession and in worshiping the Lord their God.

What is God saying to you?

Scripture References About Fasting

Luke 18:9-14 (NIV)

9 To some who were confident of their own
righteousness and looked down on everyone else,
Jesus told this parable: **10** "Two men went up to the
temple to pray, one a Pharisee and the other a tax
collector. **11** The Pharisee stood by himself and
prayed: 'God, I thank you that I am not like other
people—robbers, evildoers, adulterers—or even like
this tax collector. **12** I fast twice a week and give a
tenth of all I get.' **13** "But the tax collector stood at a
distance. He would not even look up to heaven, but
beat his breast and said, 'God, have mercy on me, a
sinner.' **14** "I tell you that this man, rather than the
other, went home justified before God. For all those
who exalt themselves will be humbled, and those
who humble themselves will be exalted."

Acts 27:33-37 (NIV)

33 Just before dawn Paul urged them all to eat. "For
the last fourteen days," he said, "you have been in
constant suspense and have gone without
food—you haven't eaten anything. **34** Now I urge you
to take some food. You need it to survive. Not one of
you will lose a single hair from his head." **35** After he
said this, he took some bread and gave thanks to
God in front of them all. Then he broke it and began
to eat. **36** They were all encouraged and ate some
food themselves. **37** Altogether there were 276 of us
on board.

What is God saying to you?

The timing of your fast is not as important as the strength of your focus on God as you fast.

We encourage fasting for 21 days each year in the months of January and August. This is part of our 21 Days of Prayer and Fasting season.

You may also choose to fast at other times during the year for your own spiritual development. It's very typical to fast a single meal, a whole day, or three days or more.

What is God saying to you?