

The Office of Biblical Diversity has provided this guide for individuals and churches moved to fast and pray for biblical diversity. Those of us who practice this discipline regularly know the importance of fasting and the power we can spiritually acquire individually and institutionally.

For those who may not be knowledgeable about fasting, please understand that fasting is the voluntary withdrawing from food, drink or other fleshly appetites for a specified time.

Read Isaiah 58

There are three types of fasts: 1) **The Normal Fast** — this fast is no food, only liquids like water or juice, for one to three days to start; 2) **The Partial Fast** — this fast is good for people with diabetes, hypoglycemia or some other condition that precludes a normal fast. In the partial fast, you omit certain foods for a while; and 3) **Days of Fasting** — this fast is for a specific day or days to start; 2)

stop the
hate, violence and racial division in our churches, communities and country.

The Office of Biblical Diversity suggests that you select one of the above concerns and fast accordingly. Please use the my fasting purpose log as a commitment during your fast and to keep you focused. Remember, fasting is ultimately between you and God, and it gets God's attention when it is done with sincerity in heart.