

CRAVE CHURCH

WE CREATE A SPACE OF  
GRACE FOR IMPERFECT  
PEOPLE TO CRAVE GOD



21 DAY FAST

WEEK 1

Number of Days: \_\_\_\_\_

Time Schedule: From: \_\_\_\_\_ To: \_\_\_\_\_

Type of Fast : \_\_\_\_\_

My Purpose/Reason: \_\_\_\_\_

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WEEK 2

Number of Days: \_\_\_\_\_

Time Schedule: From: \_\_\_\_\_ To: \_\_\_\_\_

Type of Fast : \_\_\_\_\_

My Purpose/Reason: \_\_\_\_\_

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WEEK 3

Number of Days: \_\_\_\_\_

Time Schedule: From: \_\_\_\_\_ To: \_\_\_\_\_

Type of Fast : \_\_\_\_\_

My Purpose/Reason: \_\_\_\_\_

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## TYPES OF FASTS

### 1. **ABSOLUTE FAST:** NO LIQUIDS AND NO FOODS (MAXIMUM 3 DAYS)

a. This fast would typically done for a set amount of days (or a day) during the week, not for the entire duration of the 21 Day Fast

### 2. **FULL FAST:** LIQUIDS ONLY (WATER OR FRESHLY SQUEEZED JUICES)

a. This fast would typically done for a set amount of days (or a day) during the week, not for the entire duration of the 21 Day Fast

### 3. **PARTIAL FAST:** A FAST THAT LASTS ONLY HALF THE DAY

a. For example, you could fast from 6:00AM to 3:00PM OR if you are working, you could start your fast at 3:00PM and end at 6:00AM

b. You can either do the absolute or full fast when doing the partial fast

### 4. **DANIEL FAST:** EAT ONLY FRUITS, VEGETABLES, WHOLE GRAINS, NUTS/SEEDS, LEGUMES, & QUALITY OILS

a. Drink only water or freshly squeezed juice

b. Tofu, soy products, vinegar, seasonings, salt, herbs, and spices allowed

c. NO meat, animal products, dairy, refined/processed foods, sweeteners (including natural sugars such as honey, agave or raw sugar), fried foods, and solid fats

d. NO coffee, tea, herbal teas, carbonated beverages, energy drinks and alcohol

e. Must be done for at least a week consecutively

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I, \_\_\_\_\_, commit to my fasting plan and pray that through God's undeserving grace and strength, I will finish successfully.

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SIGNATURE