



**Fasting Options For Adults**  
Thursdays | 6am – 6pm

- **DENIAL** – No Food from 6am – 6pm
- **DANIEL** – Fruit, vegetables, juice and water only
- **DESERT** – Water is your only beverage option for the entire period of time.  
–You may eat what you like
- **DROUGHT** – No television or media with the exception of the news and religious programming
- **DELIVERANCE** – Refrain from sinful habits or habitual behaviors  
–Examples: Cursing, Gossip, Overeating, Alcoholism, Ungratefulness, Sexual Sin, etc. – See Galatians 5: 19-26 and Hebrews 12:1) (Prayerfully, after the fast, you won't look back!)

**Fasting Options For Children & Youth**

- **MUNCHIES Fast**  
–Eating only fruit for sweets (no cookies, candy)  
–Munching on veggies only (no chips, etc.)  
–No carbonated beverages or milk (only water)
- **MEDIA Fast**  
–Playing only board games (no video games)  
–Watching only educational or Christian programs on television or movies  
–Using cell phones only in a case of emergency  
–Use discretion on educational and Bible apps that could be optional or put off until the fast
- **MONEY Fast**  
–Spending only if it is a necessity (school supplies or clothing or sport items)  
–No purchases of convenience items, unnecessary snacks, entertainment items, etc.  
–All other monies received are saved
- **MENTAL Fast**  
–Going to bed earlier than usual  
–Sitting with moments of quiet during the day



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