



# BEYOND BEAUTIFUL

At Generations Church, We encourage wise food fasts  
If you have health concerns, always talk to a spiritual leader and  
doctor before starting any fast. Safety first!

## Fasting Types

### **Fast Type 1:** The Regular Fast

- Bible Verses: Luke 4:2, Matthew 4:2
- Can you eat? No
- Can you drink? Yes, only water

### **Fast Type 2:** The Juice Fast

- Bible Verses: Daniel 1:12, Daniel 10:2-3
- Can you eat? Vegetable juice only (no added sugar/fruit)
- Can you drink? Only water
- Special food: Vegetable juices (no sugar/fruit added)

### **Fast Type 3:** Jewish Fast

- Bible Verses: Leviticus 16:29-31, Leviticus 23:27-32
- Can you eat? No
- Can you drink? No
- How long? 25 hours (from sunset to nightfall the next day)

### **Fast Type 4:** The Absolute Fast

- Bible Verses: Esther 4:16, Acts 9:9
- Can you eat? No
- Can you drink? No
- How long? 3 days max

## Ways to Fast

### **Ways to Fast 1:** Progressive Fast

- How it works: Start easy and get harder. For example:
  - a. Drink juice and water.
  - b. Only water.
  - c. No drinks at all.

**OR**

- a. Skip one meal.
- b. Skip two meals.
- c. No meals all day.

### **Ways to Fast 2:** Degrading Fast

- How it works: Start hard and get easier. For example:
  - a. No food or drinks.
  - b. Only water.
  - c. Drink juice.
  - d. One meal.

### **Ways to Fast 3:** Straight Fast

- How it works: Choose one fast type and stick with it.