

# FASTING CALENDAR

## There Are Four Types of Fasts:

\*Supernatural Fast  
Exodus 34:27-28; 1 Kings 19:7-8,  
Declared by God Only.

\*Simple Fast  
When planning a simple fast, don't plan it for 5 or 6 days when you are first starting. Try a half day to one whole day.

Drink water or juice. You want to stay in a frame of mind where you can pray, talk to the Lord, read Scripture and worship God.

\*Select Bread Fast  
Daniel 9:3; Daniel 10:2-3.  
I select what I will abstain from.

\*Corporate Covenant Fast  
Acts 13. A church body covenants together to fast for certain period of time.

| SUNDAY                        | MONDAY    | TUESDAY   | WEDNESDAY | THURSDAY  | FRIDAY    | SATURDAY  |
|-------------------------------|-----------|-----------|-----------|-----------|-----------|-----------|
| <b>JANUARY</b><br><b>2022</b> | 10<br>A-E | 11<br>F-J | 12<br>K-O | 13<br>P-T | 14<br>U-Z | 15<br>A-E |
| <b>16</b><br><b>F-J</b>       | 17<br>K-O | 18<br>P-T | 19<br>U-Z | 20<br>A-E | 21<br>F-J | 22<br>K-O |
| <b>23</b><br><b>P-T</b>       | 24<br>U-Z | 25<br>A-E | 26<br>F-J | 27<br>K-O | 28<br>P-T | 29<br>U-Z |
| <b>30</b><br><b>ALL</b>       | 31        |           |           |           |           |           |



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