



**SOAK-** "to lie in and become saturated or permeated with water or some other liquid."

⇒ Saturate - to cause to unite with the greatest possible amount of another substance.

⇒ Permeate - to pass into or through every part of, to penetrate through the pores.

***Are you ready to become SATURATED and PERMEATED in the Lord this week like never before?***

This week is all about drawing closer than ever before to JESUS, and prayer and fasting in brokenness helps propel us into this!

### **SOAK Week Fasting Guide:**

Below we have broken down many different options to help propel us into this place!

Note, because today's modern world is filled with many distractions coming through media we have designed that ***all fast include abstaining from social media (including Facebook, twitter, instagram, games, etc) or TV.*** We recommend you read the newspaper to keep up on news (In case of emergency weather you may stay updated with weather channel.) This is only for a week this will not kill you, people have lived without these things for thousands of years and have survived :)

Please do not make the unwise mistake of comparing yourselves, your fast and prayers to others. We are all on different levels and the Lord is looking upon our hearts as we sacrifice, not specifically on the amount. Do it unto the Lord from a posture of humility. (Romans 14:1-6) (2nd Corinthians 10:12) (Luke 18:10-14)(Luke 21:1-4) (Ephesians 6:7) (Colossians 3:23).

If at all possible, we are asking that as you pray and fast sacrificially for this special week, do not announce or make known to others that you are sacrificing. See (Matthew 6:1-6)

Below is a mixture of biblical fasting options that you may mix up however you choose unto the Lord. Do your best to be open with the Holy Spirit and let him lead and guide you on what he would have you to do.

**1. Until evening time fast-** Judges 20:26/1 Samuel 7:6

You would not eat anything until the evening time (when the sun sets) early part of the night.

**2. Night time fast-** 2nd Samuel 12:16

All day you would eat until the sun sets or latter part of the day (early night). You would eat again when the sun rises. (No night time eating).

**3. Three day fast-** Esther 4:16

You would fast for three days straight.

**4. Seven day fast-** 1st Samuel 31:13

You would fast for seven days straight.

**5. Daniel's Pulse diet-** Daniel 1:8-16

You would only eat things that are grown from the earth. A plant based diet. With a focus on Vegetables & water.

**6. Daniel's unpleasant fast-** Daniel 10:1-5

You would not eat desirable foods. Nor would you eat any meats of any kind, nor drink any juices.

**pleasant- 2532** “delight, desire, goodly”

desirable- wanted or wished for as being an attractive, useful, or necessary course of action.

delight- please someone greatly

goodly- 1. attractive or excellent, or admirable 2. considerable in size or quantity,

**7. Anna the prophetess' fast- All night & day-** Luke 2:37

You would fast all night and all day (coupled with prayer).

**8. (Your personal choice of fasting)** - Matthew 17:20

You would choose the amount of meals or foods/drink you would abstain from.

**9. Marital Fasting- (For Married couples)-** 1 Corinthians 7:5

See 1st Corinthians 7:5.