

Chris Pratt's Fast Is Straight From the Old Testament

Actor Chris Pratt, known for his outspoken Christian faith, is starting the new year with a Bible-inspired fast.

The *Guardians of the Galaxy* star announced this week on Instagram that he's doing the diet known as the Daniel Fast.

"Hi, Chris Pratt here. Day three of the Daniel Fast, check it out," the 39-year-old actor said. "It's 21 days of prayer and fasting."

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