WHAT IS FASTING?

- The word “fast” is derived from the Hebrew term “tsom”, which refers to the practice of self-denial.
- Fasting is a Christian’s voluntary abstinence or denial from food, media, recreation, etc. for spiritual purposes.

WHAT DOES FASTING DO?

- It gets God’s attention
- It accesses God’s supernatural power
- Brings you closer to God
- Humbles you

WHY SHOULD I FAST?

- Deliverance from the bondage of sin—Mark 9:14-29
  Bondages consist of habitual sinful behaviors or attitudes that victimize and enslave people. Bondages take away your will and in turn make you a slave. Any sin that can’t be broken with ordinary will power is called bondage.

  TYPES OF BONDAGES: Compulsive Eating, Compulsive Lying, Drug Addiction, Alcohol Addiction, Money Spending Addiction, Gambling Addiction, Pornography, Low Self Esteem, Pride, Witchcraft, Sex Addiction, Tobacco Addiction, Sexual Immorality, Lust of the Flesh...

- Seek personal direction—Ezra 8:15-23
  Life sometimes presents us with foggy pathways and gigantic dilemmas. The answers to the problems are not always easily visible. Through fasting, God can impart supernatural insight so we can make the right decisions.

  TYPES OF DELIMMAS: Discernment, Wisdom, Mate Selection, Career Pathway, Uncertain Future, Business Endeavors, Personal Purchases (home, car, boat, motorcycles, etc...)

- God’s supernatural intervention for a specific problem—1 Sam 1:18

  TYPES OF PROBLEMS: Sickness, Financial Breakthrough, Admission to School, Hiring of a Job...

- To intercede for another individual’s blessing—2 Sam 12:15-23

  TYPES OF INTERCESSION: FOR ANOTHER’S: HEALING, BREAKTHROUGH, SALVATION, DELIVERANCE, PROTECTION, DECISION MAKING, FAVOR OVER THEIR LIFE...

TYPES OF CORPORATE FAST: Unity, Peace, Favor, Protection, Decision, Financial Blessings...

WHAT TYPES OF FAST ARE THERE?

- **NORMAL FAST**- This fast is going without food for a definite period of time during which you only ingest liquids (water and /or juice).

- **ABSOLUTE FAST**- This fast allows no food or water at all, and should be short. Moses fasted for 40 days; but this would kill anyone without supernatural intervention, and should be never attempted today. Be sure to test the spirit that tries to talk you into a 40 day fast, even if it includes liquids.

- **PARTIAL FAST**- This fast is one that omits certain food or is on a schedule that includes limited eating. It may consist of omitting one meal a day. Eating only fresh vegetables for several days is also a good partial fast. John the Baptist and Daniel are examples of those who participated in partial fasts.

- **ROTATIONAL FAST**- This fast consist of eating or omitting certain families of foods for designated periods. For example, grains may be eaten only every fourth day. The various food families are rotated so that some food is available each day.

WHEN FASTING WON’T WORK- Isaiah 58:3-5

IMPROPER REASONS/MOTIVES
- To fulfill selfish desires and ambitions
- To attempt to manipulate God
- To elevate one’s status or personal agenda

IMPROPER MANNER
- Fasting while intentionally continuing in sin
- Fasting while continuing to pursue selfish desires in pleasures and business
- Fasting while harboring improper, and ungodly attitudes
- Fasting while promoting or continuing injustice, oppression, or impropriety

BIBLICAL PEOPLE WHO FAST

Moses-Exodus 34:28
Esther-Esther 4:1-6, 5:2
Daniel-Dan 1:8
Paul-Acts 1:1-9
Elijah-1 Kings 19:4, 8
Anna-Luke 2:36