

## A Lifestyle of Fasting

**Definition:** Fasting is giving up something with prayer, for the benefit of drawing closer to God and/or receiving the manifestation of the prayer. This is to be differentiated from medical fasting, natural fasting (detoxing) and dieting.

**Overview:** All things are possible to him who believes, if you pray, fast and are patient.

### A. Fasting is no more optional than is prayer

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| 1. Old Covenant.                              | Leviticus; Jer 36:6                        |
| 2. Sabbath.                                   | Deut 5:12; Ex 20:8-11; Lev 23:32           |
| 3. New Covenant                               |  |
| a) Fast after the bridegroom leaves.          | Mark 2:18-20                               |
| b) When you fast (Not “if”).                  | Matt 6:17; Luke 2:37; 2 Cor 6:5; Acts 13:2 |
| c) This type goes only by prayer and fasting. | Matt 17:21; Mark 9:29                      |
| d) Abstain from sex when you fast.            | 1 Cor 7:5                                  |

### B. Benefits of Fasting

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| 1. Humility.                            | Ps 35:13; Ps 69:10; Lev 23:27-32 |
| a) The Lord will teach you His way.     | Ps 25:9 Amp                      |
| b) The Lord will give you grace.        | Jam 4:6                          |
| c) The Lord will exalt you.             | 1 Pet 5:6-8                      |
| d) Wealth, honor and life are yours.    | Pr 22:4                          |
| e) The devil must flee.                 | Jam 4:7                          |
| 2. Loosing the bands of wickedness.     | Isa 58:6                         |
| 3. Undo the heavy burdens.              | Isa 58:6                         |
| 4. Break every yoke.                    | Isa 58:6                         |
| 5. Health.                              | Isa 58:8                         |
| 6. Answered prayer.                     | Isa 58:9                         |
| 7. Revelation and guidance.             | Isa 58:11; Mark 8:3              |
| 8. With the Sabbath, wealth and riches. | Isa 58:14                        |
| 9. Spiritual power and authority.       | Matt 17:19-21                    |
| 10. Resting your body.                  | Gen 2:2; Ex 20:8; Lev 23:27-32   |

### C. Types of Fasts

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| 1. Spiritual Re-examination (1 day).            |  |
| a) Humble soul with fasting.                    | Ps 35:13   |
| b) Afflict your soul with fasting.              | Ps 69:10; Lev 23:27-32   |
| c) Fasting day.                                 | Jer 36:6   |
| 2. Crisis (3 days).                             | Esther 4:16; Acts 9:9  |
| 3. Revelation (3 weeks).                        | Dan 10:2,3,14  |
| 4. Victory in prayer (1 day).                   | Ezra 8:21-23; Judges 20:18-28  |
| 5. Lifting of judgment (1 day?).                | 1 Kings 21:27-29   |
| 6. Healing (3 days).                            | Matt 15:29-32  |
| 7. Dominion and Power (40 days - Supernatural). | Moses (Ex 24:12,18), Elijah(1 Kings 19:8,15)<br>Jesus (Matt 4:2, Luke 4:1,2) |

**Suggestion:** For general health and victorious living, fast one day per week, perhaps on the Sabbath.

- a) Work up to a lifestyle of fasting one full day per week.
- b) Start your calendar year with a long fast, including prayer.