

Three kinds of biblical fasts

1. Absolute Fast
Esther 4:16 (Esther)
2. Normal Fast
1 Samuel 1:7 (Hannah)
3. Partial Fast
Daniel 10:3 (Daniel)

Importance Of fasting

Jesus said, "*Watch and pray that you may not enter into temptation. The spirit indeed is willing, but the flesh is weak.*" **Matthew 26:41.**

9 Main purposes for fasting

*"Is not this the fast that I choose: to loose the bonds of wickedness, to undo the straps of the yoke, to let the oppressed go free, and to break every yoke? Is it not to share your bread with the hungry and bring the homeless poor into your house; when you see the naked, to cover him, and not to hide yourself from your own flesh? Then shall your light break forth like the dawn, and your healing shall spring up speedily; your righteousness shall go before you; the glory of the Lord shall be your rear guard. **Isaiah 58:6-8***

1. Fasting to get freedom from addictions

v. 6 "loose the bonds"

2. Fasting to solve problems

v. 6 "undo the straps of the yoke"

3. Fasting for revival and soul winning

v. 6 "let oppressed go free"

4. Fasting to conquer mental and emotional problems

v. 6 "break every yoke"

5. Fasting to meet the physical needs of others

v. 7 "deal"=share

6. Fasting for clearer insight in decision-making

v. 8 "light break forth"

7. Fasting for health reasons or healing

v. 8 "your healing shall spring up speedily"

8. Fasting for a more righteous life and influential testimony

v. 8 "your righteousness shall go before you"

9. Fasting for the glory of the Lord, to protect us from the evil one

v. 8b "rear guard"=protection

Why we fast as a church

1. Set the course for the rest of the year
2. Blessings will happen throughout the year
3. Matthew 6:33 "Seek first the Kingdom"