



THE  
POWER  
— *of* —  
FASTING

PT. III

# **1. Prepare a Fast**

- Duration of fast can vary
- Three types of fasts
  - I. Absolute Fast (Esther 4:6, Acts 9:9)
  - II. Normal Fast (Luke 4:2)
  - III. Partial Fast (Daniel 1:12, Daniel 10:3)
- Choose a fast that is right for your situation.
- If it doesn't mean anything to you, it won't mean anything to God.

## **2. Prepare your heart**

- Isaiah 58:4
- The posture of your heart determines the power of your fast.



“First, let fasting be done unto the Lord with our eye singly fixed on Him. Let our intention herein be this, and this alone, to glorify our Father which is in heaven...”

**- John Wesley**

# **Posture your heart towards compassion**

- Isaiah 58:7
- John 13:34

# **Posture your heart for freedom**

- Isaiah 58:6
- Matthew 11:28-30
- 1 Corinthians 6:13
- Matthew 5:23-24

# **Posture your heart with humility**

- **Isaiah 58:7**
- **Psalms 69:10**
- **Isaiah 58:3**
- **1 Samuel 15:22**

### **3. Prepare to receive His rewards**

- Matthew 6:4

- Isaiah 58:1-12

I. Then shall your light break forth like the dawn... then shall your light rise in the darkness and your gloom be as the noonday.

- Matthew 5:14

II. Your healing shall spring up speedily... make your bones strong.

“Fasting is a royal road to healing, for anyone who agrees to take it, for recovery and regeneration of the body, mind, and spirit”. He went on to say, “Fasting can heal and help rheumatism in the joints and muscles, diseases of the heart, circulation, blood vessels, stress related exhaustion, skin diseases including pimples and complexion problems, irregular menstrual cycles and hot flashes, disease of respiratory organs, allergies such as hay fever and other eye diseases.”

**- Dr. Oda H. F. Birchinger**



### **3. Prepare to receive His rewards**

**III. Your righteousness shall go before you; the glory of the Lord shall be your rear guard. Then you shall call, and the Lord will answer; you shall cry, and he will say, 'Here I am'... And the Lord will guide you continually.**

- Isaiah 54:17**
- Matthew 4:4**

### **3. Prepare to receive His rewards**

**IV. He will satisfy your desire in scorched places.**

**- Matthew 5:6**

**V. You shall be like a watered garden, like a spring of water, whose waters do not fail.**

**VI. You shall raise up the foundations of many generations.**

**VII. You shall be called the repairer of the breach, the restorer of streets to dwell in.**

<sup>1</sup>“Cry aloud, spare not;  
Lift up your voice like a trumpet;  
Tell My people their transgression,  
And the house of Jacob their sins.  
<sup>2</sup>Yet they seek Me daily,  
And delight to know My ways,  
As a nation that did righteousness,  
And did not forsake the ordinance of their God.  
They ask of Me the ordinances of justice;  
They take delight in approaching God.

**ISAIAH 58:1-12**

<sup>3</sup>“Why have we fasted,” they say, “and You have not seen?  
Why have we afflicted our souls, and You take no notice?”  
“In fact, in the day of your fast you find pleasure,  
And exploit all your laborers.  
<sup>4</sup>Indeed you fast for strife and debate,  
And to strike with the fist of wickedness.  
You will not fast as you do this day,  
To make your voice heard on high.  
<sup>5</sup>Is it a fast that I have chosen,  
A day for a man to afflict his soul?

**ISAIAH 58:1-12**

Is it to bow down his head like a bulrush,  
And to spread out sackcloth and ashes?  
Would you call this a fast,  
And an acceptable day to the Lord?

<sup>6</sup>“Is this not the fast that I have chosen:  
To loose the bonds of wickedness,  
To undo the heavy burdens,  
To let the oppressed go free,  
And that you break every yoke?

<sup>7</sup>Is it not to share your bread with the hungry,

**ISAIAH 58:1-12**

And that you bring to your house the poor who are cast out;

When you see the naked, that you cover him,  
And not hide yourself from your own flesh?

<sup>8</sup>Then your light shall break forth like the morning,  
Your healing shall spring forth speedily,  
And your righteousness shall go before you;  
The glory of the Lord shall be your rear guard.

<sup>9</sup>Then you shall call, and the Lord will answer;  
You shall cry, and He will say, 'Here I am.'

**ISAIAH 58:1-12**

“If you take away the yoke from your midst,  
The pointing of the finger, and speaking wickedness,  
<sup>10</sup>If you extend your soul to the hungry  
And satisfy the afflicted soul,  
Then your light shall dawn in the darkness,  
And your darkness shall be as the noonday.  
<sup>11</sup>The Lord will guide you continually,  
And satisfy your soul in drought,  
And strengthen your bones;

**ISAIAH 58:1-12**

You shall be like a watered garden,  
And like a spring of water, whose waters do not fail.  
<sup>12</sup>Those from among you  
Shall build the old waste places;  
You shall raise up the foundations of many generations;  
And you shall be called the Repairer of the Breach,  
The Restorer of Streets to Dwell In.

**ISAIAH 58:1-12**



<sup>28</sup> Come to Me, all you who labor and are heavy laden, and I will give you rest. <sup>29</sup> Take My yoke upon you and learn from Me, for I am gentle and lowly in heart, and you will find rest for your souls. <sup>30</sup> For My yoke is easy and My burden is light.”

**MATTHEW 11:28-30**

<sup>13</sup>Foods for the stomach and the stomach for foods, but God will destroy both it and them. Now the body is not for sexual immorality but for the Lord, and the Lord for the body.

**I CORINTHIANS 6:13**

<sup>23</sup>Therefore if you bring your gift to the altar, and there remember that your brother has something against you,  
<sup>24</sup>leave your gift there before the altar, and go your way. First be reconciled to your brother, and then come and offer your gift.

**MATTHEW 5:23-24**

<sup>34</sup> A new commandment I give to you, that you love one another; as I have loved you, that you also love one another.

**JOHN 13:34**