

7 day Fast SEVEN Types of Fasts

8/16-18/13

Media Fast = Nu. 6 Nazirite "Separation" Fast

1. Fasting from **ALL MEDIA – EXCEPT..** Ex. - Give up a) all TV except football b) all TV except rented movies
c) all internet use except Facebook etc.
2. Fasting from **SPECIFIC Media** Examples: a) No Movies or b) No TV or c) No Facebook etc.

3. Fasting from **ALL FOOD – EXCEPT..** Examples: Give up all food except for a) soup or b) smoothies or c) juice etc.

Daniel 10:2-3

4. Fasting from **SPECIFIC Foods** Examples: a) No Sweets or b) No Breads or c) No Red Meat etc.

5. **Complaining Fast** Your goal is to not say anything negative - unless it is truly a problem solving situation and you are taking steps to help someone. With a "Complaining" fast, you will find yourself messing up many times - especially the first few days. Thus, you will need a "REBOOT" system. Here is an effective "REBOOT" system: If you mess up and give an unnecessary negative - as soon as you realize it you:

- A) Immediately give **THREE** things for which you are "**THANKFUL**" - related to that person or situation and then
- B) Immediately quote **THREE scriptures** which you have memorized. This will "REBOOT" your fast and will have great effect.

For instance, if you complain about the way someone drives: (*That where I often sin*) - you would immediately:

- i. Thank Jesus for things like: great roads, the ability to drive, a chance to pray for someone - rather than complain about them, that you have a car to drive etc.
- ii. Then you would quote three scriptures such as Philippians 2:14, 4:13, Isaiah 53:6, Prov. 11:12, 12:18, 18:21, 21:23, Mt. 12:36-37

Psalm 39
"Talking"
Fasts

6. **Talking about Myself Fast** Your goal is to be UN-SELF-CENTERED to DRAW others OUT, to AFFIRM & ENCOURAGE others. You do NOT want others to know you are doing this fast. If someone asks you a question about yourself; answer it briefly then turn the conversation to questions for them or praises for them.

Verses to quote: Prov. 1:5, 10:19, 16:21,24, 17:27-28, 18:13, 21, 20:5, Isaiah 53:6, Mt. 12:36-37 I Cor. 6:19, II Cor. 5:15, Lk. 14:26, Mt. 16:24-26, Rom. 12:1

Great book to Read: "Quick to Listen / Slow to Speak by Robert Fisher

Great cd series: Blessing Verbally, Sin – The Secrets

7. **Anger Fast** You will want to listen to the ANGER series 2-4 times. Your goal is to use the "**LISTENING Test**" **OUT LOUD** every time you feel yourself getting irritated to teach your anger that it does not control you. With the Listening Test you become their lawyer & argue their side. You continue using the Listening Test in each instance of irritation until your anger is gone and you feel compassion.

Verses to quote: Download handout from Anger series pt. 2 on our website. It has lots of scriptures on Anger.

Great book to Read: "Quick to Listen / Slow to Speak by Robert Fisher

Great cd series: Anger, Blessing Verbally, Sin – the Secrets

Top Spiritual Goal



Move One Step Forward in my Daily time with Jesus

About **Jesus**

1. To grow in skill in the *Spiritual Weapon* of **Bible study**
 - a. Daily Reading
 - b. Textual or Topical studies
 - c. Inste Bible College
 - d. Cd Bible studies
 - e. Short Courses
2. To USE my TIME more effectively through **Combo Prayer Time**
3. To grow in skill in the *Spiritual Weapon* of praying on the **Armor of God** *(Free book)*
By Faith – *I Release, I Trust, I Receive, I Claim, I DRINK,*
4. To grow in skill in the *Spiritual Weapon* of **Memorizing of 1 chapter per year** *(Free Materials)*
5. To grow in skill in the *Spiritual Weapon* of **Power in Tongues** *(Free Materials)*
6. To grow in skill in the *Spiritual Weapon* of **Journaling**
7. To grow in skill in the *Spiritual Weapon* of **Worship**