



PRAAYER & FASTING



I. What is fasting?





A

B

C



A

The definition of fasting

B

C



A

The definition of fasting

B

Fasting in the natural realm

C



A


The definition of fasting

B

Fasting in the natural realm

C

Fasting in the spiritual realm



II. What are the various types of fasting?

A. There are varying methods of fasting



01

02

03

04



A. There are varying methods of fasting



01

The normal fast

02

03

04



A. There are varying methods of fasting



01

The normal fast

02

The partial fast

03

04





8 But Daniel purposed in his heart that he would not defile himself with the portion of the king's delicacies, nor with the wine which he drank; therefore he requested of the chief of the eunuchs that he might not defile himself.

9 Now God had brought Daniel into the favor and goodwill of the chief of the eunuchs.

DAN 1:8-16



10 And the chief of the eunuchs said to Daniel, “I fear my lord the king, who has appointed your food and drink. For why should he see your faces looking worse than the young men who are your age? Then you would endanger my head before the king.”

11 So Daniel said to the steward whom the chief of the eunuchs had set over Daniel, Hananiah, Mishael, and Azariah,

DAN 1:8-16



12 “Please test your servants for ten days, and let them give us vegetables to eat and water to drink.

13 Then let our appearance be examined before you, and the appearance of the young men who eat the portion of the king's delicacies; and as you see fit, so deal with your servants.”

DAN 1:8-16



14 So he consented with them in this matter, and tested them ten days.

15 And at the end of ten days their features appeared better and fatter in flesh than all the young men who ate the portion of the king's delicacies.

16 Thus the steward took away their portion of delicacies and the wine that they were to drink, and gave them vegetables.

DAN 1:8-16

A. There are varying methods of fasting



01

The normal fast

02

The partial fast

03

The absolute fast

04

A. There are varying methods of fasting



01

The normal fast

02

The partial fast

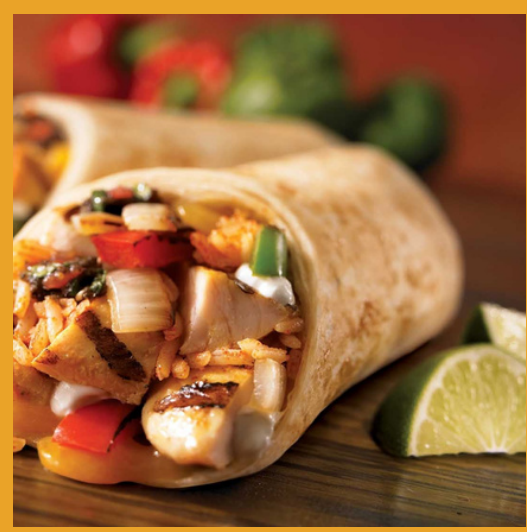
03

The absolute fast

04

The non-food related fast

B. THERE ARE VARYING DURATIONS OF FASTING ••



01



02



03



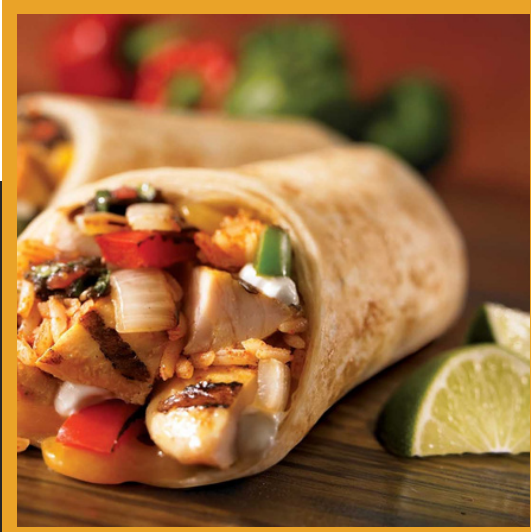
04



05



B. THERE ARE VARYING DURATIONS OF FASTING



01 One day fast



02



03

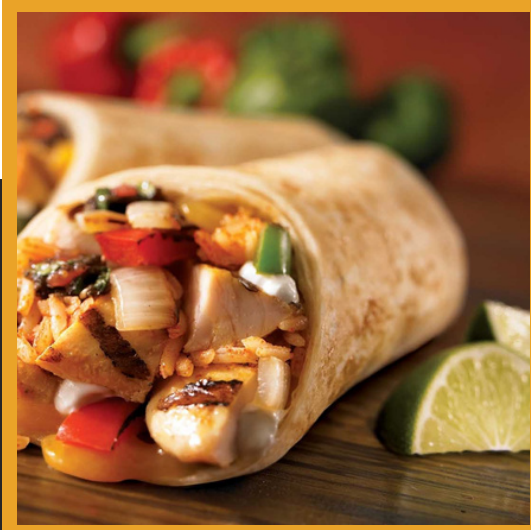


04



05

B. THERE ARE VARYING DURATIONS OF FASTING



01 One day fast



02 Three day fast



03



04



05

B. THERE ARE VARYING DURATIONS OF FASTING



01 One day fast



02 Three day fast



03 Seven day fast

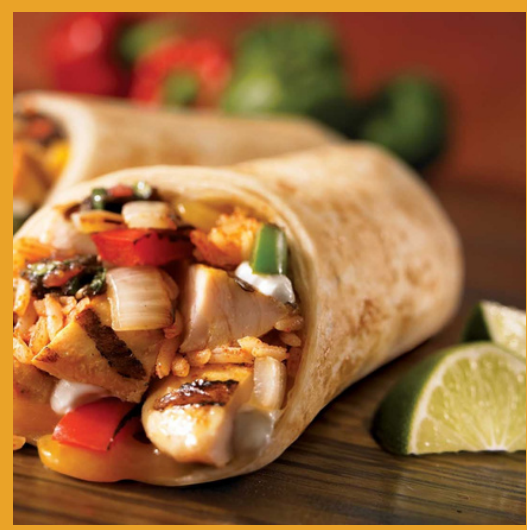


04



05

B. THERE ARE VARYING DURATIONS OF FASTING



01 One day fast



02 Three day fast



03 Seven day fast

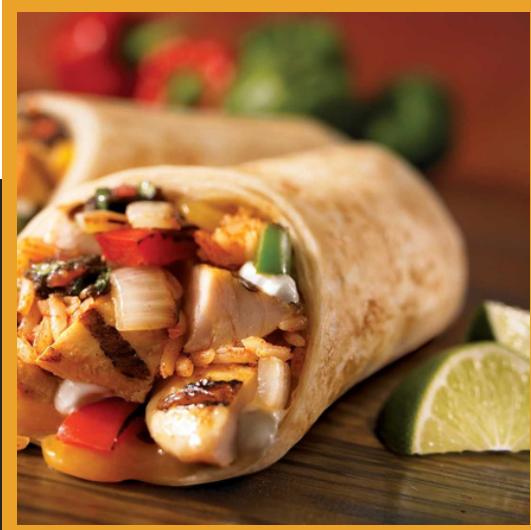


04 Twenty-one day fast



05

B. THERE ARE VARYING DURATIONS OF FASTING



01 One day fast



02 Three day fast




03 Seven day fast



04 Twenty-one day fast



05 Forty day fast



III. Who are some of the people who fasted & why did they fast?

A. GOD'S PEOPLE IN THE OLD TESTAMENT FASTED



A. GOD'S PEOPLE IN THE OLD TESTAMENT FASTED



ON THE DAY OF ATONEMENT

Lev 16:29-31; 23:26-32

Num 29:7



A. GOD'S PEOPLE IN THE OLD TESTAMENT FASTED



ON THE DAY OF ATONEMENT

Lev 16:29-31; 23:26-32

Num 29:7



DURING A SPECIAL ENCOUNTER WITH THE LORD

Deut 9:9-11



A. GOD'S PEOPLE IN THE OLD TESTAMENT FASTED



ON THE DAY OF ATONEMENT

Lev 16:29-31; 23:26-32

Num 29:7



FOR DIRECTION & HELP IN BATTLE

Judg 20:26

II Chron 20:3-4



DURING A SPECIAL ENCOUNTER WITH THE LORD

Deut 9:9-11



A. GOD'S PEOPLE IN THE OLD TESTAMENT FASTED



ON THE DAY OF ATONEMENT

Lev 16:29-31; 23:26-32

Num 29:7



FOR DIRECTION & HELP IN BATTLE

Judg 20:26

II Chron 20:3-4



DURING A SPECIAL ENCOUNTER WITH THE LORD

Deut 9:9-11



AS PART OF THEIR REPENTANCE & RETURN TO THE LORD

I Sam 7:6

I Kings 21:27

Jon 3:5-10





5 So the people of Nineveh believed God, proclaimed a fast, and put on sackcloth, from the greatest to the least of them.

6 Then word came to the king of Nineveh; and he arose from his throne and laid aside his robe, covered himself with sackcloth and sat in ashes.

JON 3:5-10



7 And he caused it to be proclaimed and published throughout Nineveh by the decree of the king and his nobles, saying, let neither man nor beast, herd nor flock, taste anything; do not let them eat, or drink water.

8 But let man and beast be covered with sackcloth, and cry mightily to God; yes, let every one turn from his evil way and from the violence that is in his hands.

JON 3:5-10



9 Who can tell if God will turn and relent,
and turn away from His fierce anger, so
that we may not perish?

10 Then God saw their works, that they
turned from their evil way; and God
relented from the disaster that He had
said He would bring upon them, and He
did not do it.

JON 3:5-10

A. GOD'S PEOPLE IN THE OLD TESTAMENT FASTED



A. GOD'S PEOPLE IN THE OLD TESTAMENT FASTED



FOR HEALING



II Sam 12:16-23

Ps 35:11-13



A. GOD'S PEOPLE IN THE OLD TESTAMENT FASTED



FOR HEALING

II Sam 12:16-23

Ps 35:11-13



IN A TIME OF MOURNING FOR THE DEATH OF A LEADER

1 Sam 31:13



A. GOD'S PEOPLE IN THE OLD TESTAMENT FASTED



FOR HEALING

II Sam 12:16-23

Ps 35:11-13



FOR DELIVERANCE FROM IMPENDING DOOM

Est 4:3, 16



IN A TIME OF MOURNING FOR THE DEATH OF A LEADER

1 Sam 31:13



A. GOD'S PEOPLE IN THE OLD TESTAMENT FASTED



FOR HEALING

II Sam 12:16-23

Ps 35:11-13



FOR DELIVERANCE FROM IMPENDING DOOM

Est 4:3, 16



IN A TIME OF MOURNING FOR THE DEATH OF A LEADER

1 Sam 31:13



FOR PRESERVATION & GUIDANCE ON A DIFFICULT JOURNEY

Ezra 8:21



B. GOD'S PEOPLE IN THE NEW TESTAMENT FASTED



B. GOD'S PEOPLE IN THE NEW TESTAMENT FASTED



**IN A SPECIAL TIME OF
SEEKING THE LORD**

Acts 13:1-3





2 As they ministered to the Lord and fasted, the Holy Spirit said, “Now separate to Me Barnabas and Saul for the work to which I have called them.”

3 Then, having fasted and prayed, and laid hands on them, they sent them away.

ACTS 13:2-3

B. GOD'S PEOPLE IN THE NEW TESTAMENT FASTED



**IN A SPECIAL TIME OF
SEEKING THE LORD**

Acts 13:1-3



**IN THE CONTEXT OF
APPOINTING ELDERS IN THE
CHURCH**

Acts 14:21-23



B. GOD'S PEOPLE IN THE NEW TESTAMENT FASTED



**IN A SPECIAL TIME OF
SEEKING THE LORD**

Acts 13:1-3



AS A REGULAR DISCIPLINE


II Cor 6:5, 11:27



**IN THE CONTEXT OF
APPOINTING ELDERS IN THE
CHURCH**

Acts 14:21-23





IV. What did Jesus
teach us about
fasting?



IV. WHAT DID JESUS TEACH ABOUT FASTING?

A. Jesus said that fasting
would characterize His
disciples

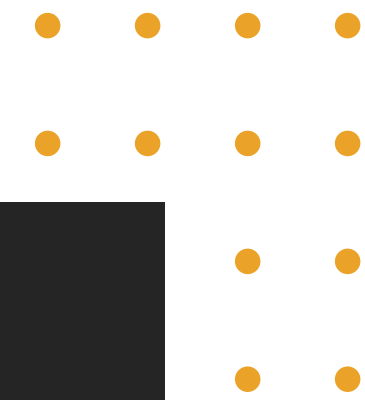
Mt 6:16; 9:14-15





Then the disciples of John came to Him, saying, “Why do we and the Pharisees fast often, but Your disciples do not fast?” And Jesus said to them, “Can the friends of the bridegroom mourn as long as the bridegroom is with them? But the days will come when the bridegroom will be taken away from them, and then they will fast.”

MATT 9:14-15



IV. WHAT DID JESUS TEACH ABOUT FASTING?

B. Jesus gave practical
instructions about
fasting

Mt 6:16-18





Moreover, when you fast, do not be like the hypocrites, with a sad countenance. For they disfigure their faces that they may appear to men to be fasting. Assuredly, I say to you, they have their reward.

MATT 6:16-18



But you, when you fast, anoint your head and wash your face, so that you do not appear to men to be fasting, but to your Father who is in the secret place; and your Father who sees in secret will reward you openly.

MATT 6:16-18



IV. WHAT DID JESUS TEACH ABOUT FASTING?

C. Jesus demonstrated
the power of a fasted
lifestyle

Mt 17:14-21





14 And when they had come to the multitude, a man came to Him, kneeling down to Him and saying,

15 “Lord, have mercy on my son, for he is an epileptic and suffers severely; for he often falls into the fire and often into the water.

16 So I brought him to Your disciples, but they could not cure him.”

MATT 17:14-21



17 Then Jesus answered and said, “O faithless and perverse generation, how long shall I be with you? How long shall I bear with you? Bring him here to Me.”

18 And Jesus rebuked the demon, and it came out of him; and the child was cured from that very hour.

19 Then the disciples came to Jesus privately and said, “Why could we not cast it out?”


MATT 17:14-21



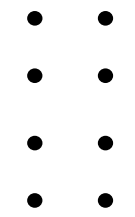
20 So Jesus said to them, “Because of your unbelief; for assuredly, I say to you, if you have faith as a mustard seed, you will say to this mountain, ‘Move from here to there,’ and it will move; and nothing will be impossible for you.

21 However, this kind does not go out except by prayer and fasting.”

MATT 17:14-21

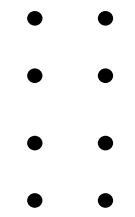
A round cake with a scalloped edge, topped with fresh strawberries and blueberries, served on a blue plate. The cake is partially obscured by a large orange oval containing text.

V. What are some reasons why we might decide to fast?



A. WRONG REASONS FOR FASTING



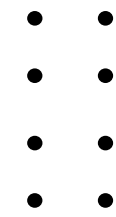


A. WRONG REASONS FOR FASTING



TO LOSE WEIGHT





A. WRONG REASONS FOR FASTING



TO LOSE WEIGHT



AS A WAY TO FORCE GOD'S HAND

Jer 14:12

Acts 23:11-22





11 But the following night the Lord stood by him and said, “Be of good cheer, Paul; for as you have testified for Me in Jerusalem, so you must also bear witness at Rome.”

12 And when it was day, some of the Jews banded together and bound themselves under an oath, saying that they would neither eat nor drink till they had killed Paul.

ACTS 23:11-17



13 Now there were more than forty who had formed this conspiracy.

14 They came to the chief priests and elders, and said, “We have bound ourselves under a great oath that we will eat nothing until we have killed Paul.

15 Now you, therefore, together with the council, suggest to the commander that he be brought down to you tomorrow,

ACTS 23:11-17



as though you were going to make further inquiries concerning him; but we are ready to kill him before he comes near.”

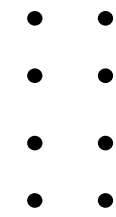
16 So when Paul's sister's son heard of their ambush, he went and entered the barracks and told Paul.

ACTS 23:11-17



17 Then Paul called one of the centurions to him and said, “Take this young man to the commander, for he has something to tell him.”

ACTS 23:11-17



A. WRONG REASONS FOR FASTING



TO LOSE WEIGHT



AS A WAY TO FORCE GOD'S HAND

Jer 14:12

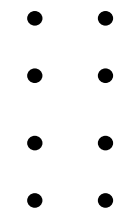
Acts 23:12-22



AS A WAY TO PROVE YOUR OWN SPIRITUALITY

Mt 6:16-18





A. WRONG REASONS FOR FASTING



TO LOSE WEIGHT



AS A WAY TO FORCE GOD'S HAND

Jer 14:12

Acts 23:12-22



AS A WAY TO PROVE YOUR OWN SPIRITUALITY

Mt 6:16-18

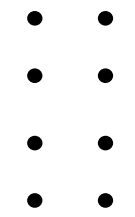


AS AN EMPTY FORM OR RITUAL

Is 58:3-9

Zech 7:5





B. RIGHT REASONS FOR FASTING



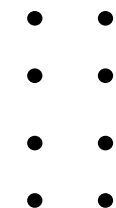


GROUP DISCUSSION

GROUP DISCUSSION



B. RIGHT REASONS FOR FASTING



IS 58:6-11



NEH 9:1-3
JOEL 2:12



MT 17:14-21



LUKE 2:36-38
ACTS 10:30

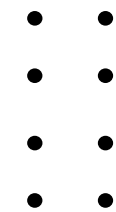


ACTS 13:1-3

GROUP DISCUSSION



B. RIGHT REASONS FOR FASTING



**FOR
DELIVERANCE
FROM BONDAGES
FOR YOURSELF &
OTHERS**



**NEH 9:1-3
JOEL 2:12**



MT 17:14-21



**LUKE 2:36-38
ACTS 10:30**

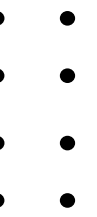


ACTS 13:1-3

GROUP DISCUSSION



B. RIGHT REASONS FOR FASTING



**FOR
DELIVERANCE
FROM BONDAGES
FOR YOURSELF &
OTHERS**



**AS PART OF THE
PROCESS OF
COMING BACK TO
THE LORD**



MT 17:14-21



**LUKE 2:36-38
ACTS 10:30**

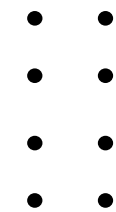


ACTS 13:1-3

GROUP DISCUSSION



B. RIGHT REASONS FOR FASTING



**FOR
DELIVERANCE
FROM BONDAGES
FOR YOURSELF &
OTHERS**



**AS PART OF THE
PROCESS OF
COMING BACK TO
THE LORD**



**FOR A GREATER
RELEASE OF
MIRACLE POWER
IN OUR MINISTRY
LIFE**



**LUKE 2:36-38
ACTS 10:30**

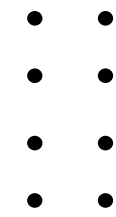


ACTS 13:1-3

GROUP DISCUSSION



B. RIGHT REASONS FOR FASTING



**FOR
DELIVERANCE
FROM BONDAGES
FOR YOURSELF &
OTHERS**



**AS PART OF THE
PROCESS OF
COMING BACK TO
THE LORD**



**FOR A GREATER
RELEASE OF
MIRACLE POWER
IN OUR MINISTRY
LIFE**



**IN ANTICIPATION
OF A FRESH
MOVE OF THE
HOLY SPIRIT**

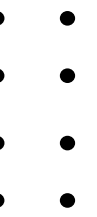


ACTS 13:1-3

GROUP DISCUSSION



B. RIGHT REASONS FOR FASTING



**FOR
DELIVERANCE
FROM BONDAGES
FOR YOURSELF &
OTHERS**



**AS PART OF THE
PROCESS OF
COMING BACK TO
THE LORD**



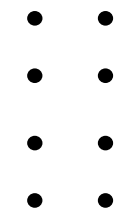
**FOR A GREATER
RELEASE OF
MIRACLE POWER
IN OUR MINISTRY
LIFE**



**IN ANTICIPATION
OF A FRESH
MOVE OF THE
HOLY SPIRIT**

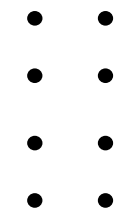


**WHEN THE LOCAL CHURCH IS CALLED
TO A SPECIAL TIME OF FASTING &
SEEKING THE LORD**



B. RIGHT REASONS FOR FASTING



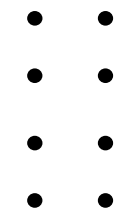


B. RIGHT REASONS FOR FASTING



**FOR THE
HEALING OF
YOURSELF OR
OTHERS**





B. RIGHT REASONS FOR FASTING

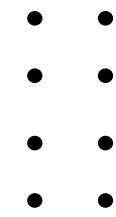


FOR THE HEALING OF YOURSELF OR OTHERS



TO MORTIFY THE WORKS OF THE FLESH





B. RIGHT REASONS FOR FASTING



FOR THE HEALING OF YOURSELF OR OTHERS

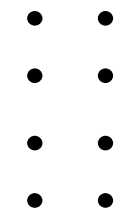


TO MORTIFY THE WORKS OF THE FLESH



TO GAIN A GREATER SENSITIVITY TO THE HOLY SPIRIT





B. RIGHT REASONS FOR FASTING



FOR THE HEALING OF YOURSELF OR OTHERS



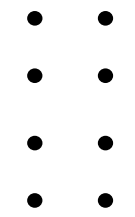
TO MORTIFY THE WORKS OF THE FLESH



TO GAIN A GREATER SENSITIVITY TO THE HOLY SPIRIT

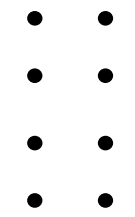


TO RECEIVE NEEDED GUIDANCE FROM THE LORD



B. RIGHT REASONS FOR FASTING



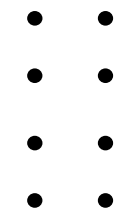


B. RIGHT REASONS FOR FASTING



FOR WISDOM IN DEALING WITH SOME OF LIFE'S DIFFICULT ISSUES





B. RIGHT REASONS FOR FASTING

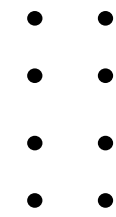


FOR WISDOM IN DEALING WITH SOME OF LIFE'S DIFFICULT ISSUES



TO GET A FRESH REVELATION FROM GOD





B. RIGHT REASONS FOR FASTING



FOR WISDOM IN DEALING WITH SOME OF LIFE'S DIFFICULT ISSUES



TO GET A FRESH REVELATION FROM GOD




TO SIMPLY OBEY THE PROMPTINGS OF THE HOLY SPIRIT



**“FASTING HELPS TO EXPRESS, TO DEEPEN,
AND TO CONFIRM THE RESOLUTION
THAT WE ARE READY TO SACRIFICE ANYTHING
— TO SACRIFICE OURSELVES —
TO ATTAIN WHAT WE SEEK
FOR THE KINGDOM OF GOD.”**

Andrew Murray





VI. What are we
actually doing when
we fast?

What are we
actually doing
when we fast?

A

We are afflicting or
chastening our
soul

Lev 16:29 Ps 69:10

B





When I wept and chastened my soul with
fasting...

PSALMS 69:10A

What are we
actually doing
when we fast?

A

We are afflicting or
chastening our
soul

Lev 16:29 Ps 69:10

B

We are humbling
ourselves before
God

Ps 35:13 I Kgs 21: 29
Ezra 8:21





But as for me, when they were sick, my
clothing was sackcloth; I humbled
myself with
fasting...

PSALMS 35:13A

What are we
actually doing
when we fast?



We are starving
our natural man &
feeding our Spirit
man



What are we
actually doing
when we fast?



We are starving
our natural man &
feeding our Spirit
man



We are focusing all
our energies on
hearing from God


Jer 29:13-14





And you will seek Me and find Me, when you search for Me with all your heart. I will be found by you, says the LORD, and I will bring you back from your captivity; I will gather you from all the nations and from all the places where I have driven you, says the LORD, and I will bring you to the place from which I cause you to be carried away captive.

JER 29:13-14

A top-down view of a white plate containing a meal. The plate features several skewers of grilled chicken, a single green bell pepper, a slice of grilled tomato, and a small pile of fresh green herbs. The plate is set on a light-colored, textured surface. A large, semi-transparent orange circle is overlaid on the left side of the image, containing white text. Two thin orange lines with small circles at their ends extend horizontally from the text area towards the center of the image.

VII. What are some practical things to keep in mind when fasting?



A. Use wisdom while fasting and try to lighten your schedule and physical activity

1 Sam 14:24-30





And the men of Israel were distressed that day, for Saul had placed the people under oath, saying, “Cursed is the man who eats any food until evening, before I have taken vengeance on my enemies.” So none of the people tasted food.
25 Now all the people of the land came to a forest; and there was honey on the ground.

1 SAM 14:24-30



26 And when the people had come into the woods, there was the honey, dripping; but no one put his hand to his mouth, for the people feared the oath. 27 But Jonathan had not heard his father charge the people with the oath; therefore he stretched out the end of the rod that was in his hand and dipped it in a honeycomb, and put his hand to his mouth; and his countenance brightened.

1 SAM 14:24-30



28 Then one of the people said, “Your father strictly charged the people with an oath, saying, ‘Cursed is the man who eats food this day.’” And the people were faint.

29 But Jonathan said, “My father has troubled the land. Look now, how my countenance has brightened because I tasted a little of this honey.

1 SAM 14:24-30



30 How much better if the people had eaten freely today of the spoil of their enemies which they found! For now would there not have been a much greater slaughter among the Philistines?”

I SAM 14:24-30



A. Use wisdom while fasting and try to lighten your schedule and physical activity

1 Sam 14:24-30

B. Limit activities that will distract from seeking the Lord

Is 58:3-4





Let the husband render to his wife the affection due her, and likewise also the wife to her husband. The wife does not have authority over her own body, but the husband does. And likewise the husband does not have authority over his own body, but the wife does.

1 COR 7:3-5



Do not deprive one another except with consent for a time, that you may give yourselves to fasting and prayer; and come together again so that Satan does not tempt you because of your lack of self-control.

1 COR 7:3-5

C. Focus on activities that will enhance your ability to hear from God



C. Focus on activities that will enhance your ability to hear from God



D. Keep a note pad available at all times to write down spiritual impressions from the Lord. Expect God to speak to you & to reward your time with Him
Mt 16:18



E. Unless you are doing an absolute fast, drink lots of water while you are fasting. It will help you keep from getting dehydrated





E. Unless you are doing an absolute fast, drink lots of water while you are fasting. It will help you keep from getting dehydrated

F. Check with a doctor before you fast, especially if you have a medical condition that requires the use of medications. Do not be presumptuous in this area. Pregnant women should never fast on any level without consulting their doctors.



G. If you have never fasted, start small and work up. Start with fasting one or two meals. Remember the whole purpose of missing the meal time is to use the time in seeking the Lord.



G. If you have never fasted, start small and work up. Start with fasting one or two meals. Remember the whole purpose of missing the meal time is to use the time in seeking the Lord.



H. Expect your body to react with withdrawal symptoms. These symptoms may include headaches, nausea, and lightheadedness. In longer fasts, most of these symptoms will eventually subside.



I. Come off of an extended fast slowly. Large quantities of food will be a shock to your system after not eating for a while. You may not like the body's reaction.





PRAYER & FASTING

