

21 DAYS OF FASTING AND PRAYER: WHY DO WE FAST? WEEK 1

Matthew 6:33 "Seek first the kingdom, and all of these things will be added unto you."

1. What are the motives behind your fast?
2. What specific needs are you're fasting for?
3. Are you determined to minister unto the Lord during this fast?

Zechariah 7:5 When you fasted in the fifth and the seventh months even though seventy years, did you fast unto Me?

Types of Fast

1. The 3 Day Fast... For crisis or trouble.

Esther 4

2. Thee 21 Day Fast... For understanding and clarity.

Daniel 10:2-3 "And in those days, I, Daniel, was mourning three full weeks, and I ate no pleasant bread, neither came flesh nor wine to my mouth, till three whole weeks were fulfilled."

3. The 1 Day Fast... For self-examination and consecration.

Leviticus 23:27 "Also on the tenth day of the seventh month there shall be a Day of Atonement. And it shall be a holy convocation unto you; and you shall deny yourselves and offer an offering to the Lord."

4. The Preparation Fast... For spiritual back up.

Judges 20

5. Fasting for Others... For humility, that would protect from the judgment of God.

I Kings 21:27-29 When Ahab heard these words, he tore his clothes, put on sackcloth and fasted. He lay in sackcloth and went around meekly. Then the word of the LORD came to Elijah the Tishbite: "Have you noticed how Ahab has humbled himself before me? Because he has humbled himself, I will not bring this disaster in his day..."

6. The Fast that Heals... For physical healing.

Isaiah 58:8 When you fast, your health will spring forth speedily.

7. The 40 Day Fast... For strength and authority.

Matthew 4 "Jesus fasted 40 days"

8. The Fast for the right Mate... For Gods right relationships in our life.

Genesis 24

9. The Fast for Future generations... For our children and their children...

Isaiah 58:12 "When you fast you will raise up a foundation for many generations."

3 reasons to fast in 2021

1. To seek of Him and His direction for our lives.
2. For our children.
3. For our strength and our resource / provision.