

# FASTING

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## The benefits of fasting:

Isaiah 58:6-12

1. Revelation
2. Healing & wholeness (v 6 & 7)
3. Righteousness (v 8)
4. The presence of God (v 8)
5. Answered prayers (v 9)
6. Continual guidance (v 11)
7. Contentment (v11)
8. Refreshing (v 11)
9. Strength (v 11)
10. Work that endures (like an ever flowing spring) (v 11)
11. Restoration (v 12)
12. Raising up of future generations (v 12)

## Types & lengths

1. A complete fast: eat or drink nothing – Ezra 8:21, Esther 4:16
2. A normal fast: no food, regular water – Luke 4
3. A partial fast – Daniel 10:2-3
4. A corporate fast – 2 Chronicles 20

## Why we fast:

1. We fast in obedience to God's word.  
Matthew 6:6
2. We fast to humble ourselves before God and obtain his grace and power.  
Psalm 35:13, 1 Peter 5:5b-6
3. We fast to overcome temptations in our lives.  
Luke 4
4. We fast to be purified from sin (and to help others become purified as well)  
Daniel 9:3-5
5. We fast becoming weak before God so God's power can become strong.  
Psalm 109:24, 2 Corinthians 12:9-10
6. We fast to release the anointing to accomplish his will. Acts 13
7. We fast in times of crisis.  
Esther 4:15-16
8. We fast when seeking God's direction.  
Acts 14:23
9. We fast for understanding and divine revelation.  
Jeremiah 36