

Fasting

I. Two general kinds of fasting:

A. **Proclaimed fast**-Entered into by an entire congregation

2nd Chronicles 20:3 -Jehoshaphat proclaimed a fast throughout all the land

Joel 1:14 -Sanctify a fast, call a solemn assembly of the elders and all the

I inhabitants of the land

B. **Personal fast** – done by individual

Matthew 6:16-18 words of Jesus and he said “When you fast” not if and do in secret unto your Father God

2nd Corinthians 6:5 proving ourselves as ministers of God in fasting

2nd Corinthians 11:27 we prove ourselves as a minister of God by putting our bodies though many trials in hunger and thirst and fasting often.

2. **The open reward** Matthew 6:18 “Your Father which sees in secret, shall r reward you openly.”

Believe for the reward as you start the fast—this keeps your eyes on your goal and helps you to keep going. As you claim a goal the Holy Spirit gives you; the Holy Spirit will kick in and get you to your goal.

A. Isaiah 58:5-7 -“ fast is to loose the bands of wickedness, to undo heavy burdens, to let the oppressed go free and that you break every yoke” This is your reward of a fast. You can put names to each of these and claim them.

B. Matthew 17: 20-21”Your unbelief; for verily I say unto you, if you have faith as a grain of mustard seed, you shall say unto this mountain remove hence to yonder place and it shall remove; and nothing shall be impossible unto you. Howbeit this kind of faith goes not out but by prayer and fasting.” You need fasting with prayer to build up your faith for healing others.

3. **Ministering to the Lord in fasting** Acts 13:2-3 :As they ministered to the Lord and fasted The Holy Spirit said.....” gives you revelation knowledge and information

Luke 2:37 “And she was a widow of 84 years which departed not from the temple, but served God with fasting and prayers night and day.” She was shown the messiah Jesus

Daniel was shown all of world history to end of time Daniel 6:18 passed the night fasting, Daniel 9:3 prayer and supplications with fastings Daniel 10:3 fasting three weeks by eating no pleasant or desirable food, meat, or wine