A Lifestyle of Fasting

Definition: Fasting is giving up something with prayer, for the benefit of drawing closer to God and/or receiving the manifestation of the prayer. This is to be differentiated from medical fasting, natural fasting (detoxing) and dieting.

Overview: All things are possible to him who believes, if you pray, fast and are patient.

A. Fasting is no more optional than is prayer

1. Old Covenant.	Leviticus; Jer 36:6
2. Sabbath.	Deut 5:12; Ex 20:8-11; Lev 23:32
3. New Covenant	
a) Fast after the bridegroom leaves.	Mark 2:18-20
b) When you fast (Not "if").	Matt 6:17; Luke 2:37; 2 Cor 6:5; Acts 13:2
c) This type goes only by prayer and fasting.	Matt 17:21; Mark 9:29
d) Abstain from sex when you fast.	1 Cor 7:5

B. Benefits of Fasting

1. Humility.	Psa 35:13; Psa 69:10; Lev 23:27-32
a) The Lord will teach you His way.	Psa 25:9 Amp
b) The Lord will give you grace.	Jam 4:6
c) The Lord will exalt you.	1 Pet 5:6-8
d) Wealth, honor and life are yours.	Prov 22:4
e) The devil must flee.	Jam 4:7
2. Loosing the bands of wickedness.	Isa 58:6
3. Undo the heavy burdens.	Isa 58:6
4. Break every yoke.	Isa 58:6
5. Health.	Isa 58:8
6. Answered prayer.	Isa 58:9
7. Revelation and guidance.	Isa 58:11; Mark 8:3
8. With the Sabbath, wealth and riches.	Isa 58:14
9. Spiritual power and authority.	Matt 17:19-21
10. Resting your body.	Gen 2:2; Ex 20:8; Lev 23:27-32

C. Types of Fasts

1. Spiritual Re-examination (1day).	
a) Humble soul with fasting.	Psa 35:13
b) Afflict your soul with fasting.	Psa 69:10; Lev 23:27-32
c) Fasting day.	Jer 36:6
2. Crisis (3 days).	Esther 4:16; Acts 9:9
3. Revelation (3 weeks).	Dan 10:2,3,14
4. Victory in prayer (1 day).	Ezra 8:21-23; Judges 20:18-28
5. Lifting of judgment (1 day?).	1 Kings 21:27-29
6. Healing (3 days).	Matt 15:29-32
7. Dominion and Power (40 days - Supernatural).	Moses (Ex 24:12,18); Elijah(1 Kings 19:8,15) Jesus (Matt 4:2; Luke 4:1,2)

Suggestion: For general health and victorious living, fast one day per week, perhaps on the Sabbath.

D. How to Fast

1. Ask the Lord for the How and the When and the What and the Why (Pro 3:5,6).
   Partial (Dan 1:12) or Total; Short or Long.
2. Beginning a long fast: Day (1) Anything except meats (2) Fruits and Vegetables (3) three meals of cereal (4) Two meals of high fiber cereal (5) One meal of high fiber cereal (e.g., Fiber One).
3. Drink lots of water.

E. Breaking Your Long (3+ days) Fast

1. Drink at least 8 glasses of water per day.
2. Eat **VERY** small portions.
3. Eat frequently.
4. Day (1a) Juices (1b) Broth (1c) Plain jello (2a) Custards, yogurt, milk or cream of wheat (2b) canned fruits, fruit jello, cottage cheese or creamed soups (2c) Ice cream, sour cream or pureed soup (3a) Crackers, bread or butter (3b) Fresh fruits or smoothies (3c) Vegetables (4) Cheese, fish (5) Chicken (6) Red meat.
5. Starting on day 4, an energy protein shake per day, as a meal replacement, is recommended for the rest of your life.

Note: (a) = morning, (b) = afternoon (c) = evening

F. Cautions on Your Fast

1. Pray frequently.
2. Start your day thanking the Lord for protection on the fast.
3. Confess your sins frequently during the day.
4. Drink lots of water to avoid constipation.
5. Drink lots of water to avoid hunger pains.
6. Brush regularly and massage your gums with the toothbrush.
7. Flossing is recommended for stimulating your gums.
8. Use a mouthwash at least twice per day.
9. Brush your tongue at least once per day.

G. Long-term Fasting Goals

1. Work up to a lifestyle of fasting one full day per week.
2. Start your calendar year with a long fast, including prayer.

Suggestion: Ask the Lord about a fast for yourself for this coming week.