

ABC BS Mod 34

## Fasting

### A. The Bible and Fasting

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|---|---|
| 1. The Old Covenant.                          | 2 Chron 20:1-30; Jer 36:6; Jonah 3:5-10 |
| 2. Day of Atonement.                          | Lev 23:32                               |
| 3. Fast after the bridegroom leaves.          | Mark 2:18-20                            |
| 4. When you fast (not “if”).                  | Matt 6:17; 2 Cor 6:5; Acts 13:2         |
| 5. This type goes only by prayer and fasting. | Matt 17:21; Mark 9:29                   |
| 6. Abstain from sex when you fast.            | 1 Cor 7:5                               |

### B. Benefits of Fasting

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|---|------------------------------------|
| 1. Humility.                                | Psa 35:13; Psa 69:10; Lev 23:27,32 |
| 2. Spiritual victory through the anointing. | Isa 58:6                           |
| 3. Health.                                  | Isa 58:8                           |
| 4. Answered prayer.                         | Isa 58:9                           |
| 5. Revelation and guidance.                 | Isa 58:11                          |
| 6. Spiritual power and authority.           | Matt 17:19-21                      |
| 7. Resting your body.                       | Gen 2:2; Ex 20:8; Lev 23:27-32     |

### C. Types of Fasts

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|----------------------|------------|
| 1 Partial            |            |
| 2 Daniel             | Dan 1:8-21 |
| 3 Full – water only. |            |

### D. Length of Fasts

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|-----------------------------|---|
| 1. One day                  |   |
| • Spiritual re-examination. | Psa 35:13; Jer 36:6   |
| • Victory                   | Isa 58:6-14   |
| 2. Three days               |   |
| • Crisis                    | Esther 4:16; Acts 9:9   |
| • Healing                   | Matt 15:29-32   |
| 3. Twenty-one days          |   |
| • Revelation                | Dan 10:2-3,14   |
| 4. Forty days               |   |
| • Dominion and Power        | Moses (Ex24:12,18), Elijah (1 Kings 19:8,15)<br>Jesus (Matt 4:2; Luke 4:1-2, 14-15) |

### E. Process of Fasting

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|---|-----------|
| 1. Take one step toward God.  | Jam 4:8   |
| 2. Ask the Lord for the How, When, What and the Why   | Pro 3:5-6 |
| 3. Have a purpose; hear God better, draw closer to Him, salvation for someone, guidance, etc. |           |
| 4. The key to effective spiritual fasting is <b>PRAYER</b>                                    |           |

**Recommendation:** Fast 1-day per week as a lifestyle building up to 24 hours with water only.