

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 especially if you pray, fast and are patient.

A. Fasting is no more optional than is prayer.

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| 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"). | Mt 6:17; Lk 2:37; 2 Co 6:5;
Acts 13:2 |
| c) This kind goes only by prayer & fasting. | Matt 17:21; Mark 9:29 |
| d) Abstain from sex when you fast. | 1 Cor 7:5 |

B. Benefits of Fasting.

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| 1. Humility. | Ps 35:13; Ps 69:10; Lev 23:27-32 |
| a) The Lord will teach you His way. | Ps 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. | Pr 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.

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| 1. Spiritual Re-examination (1day). | |
| a) Humble soul with fasting. | Ps 35:13 |
| b) Afflict your soul with fasting. | Ps 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 |

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| 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.

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

Isaiah 58:6-14 KJV

Isa 58:6 [Is] not this the fast that I have chosen? to loose the bands of wickedness, to undo the heavy burdens, and to let the oppressed go free, and that ye break every yoke?

Isa 58:7 [Is it] not to deal thy bread to the hungry, and that thou bring the poor that are cast out to thy house? when thou seest the naked, that thou cover him; and that thou hide not thyself from thine own flesh?

Isa 58:8 **Then shall thy light break forth as the morning, and thine health shall spring forth speedily:** and thy righteousness shall go before thee; the glory of the LORD shall be thy reward (*rear guard*).

Isa 58:9 Then shalt thou call, and the LORD shall answer; thou shalt cry, and he shall say, Here I [am]. If thou take away from the midst of thee the yoke, the putting forth of the finger, and speaking vanity;

Isa 58:10 And [if] thou draw out thy soul to the hungry, and satisfy the afflicted soul; then shall thy light rise in obscurity, and thy darkness [be] as the noonday:

Isa 58:11 **And the LORD shall guide thee continually, and satisfy thy soul in drought, and make fat (*strong*) thy bones: and thou shalt be like a watered garden, and like a spring of water, whose waters fail not.**

Sabbath

Isa 58:13 If thou turn away thy foot from the sabbath, [from] doing thy pleasure on my holy day; and call the sabbath a delight, the holy of the LORD, honourable; and shalt honour him, not doing thine own ways, nor finding thine own pleasure, nor speaking [thine own] words:

Isa 58:14 Then shalt thou delight thyself in the LORD; and I will cause thee to ride upon the high places of the earth, and feed thee with the heritage of Jacob thy father: for the mouth of the LORD hath spoken [it].

Date: Friday, Jan 8, 2021

1) Fasting Dates

- Friday 01-08-2021 from 6 pm until Friday 01-29-2021, 6 pm.
- If on a Full Fast, remember to Fast-in, do a Regular Fast and then Fast-out (See below for descriptions)
- Example of a Fasting Pattern: Fast-in from Friday 1/08 to Wed 1/13 (5 days)
Regular Fast from Wed 1/13 to Sun 1/24 (11 days)
Fast-out from Sun 1/24 to Fri 1/29 (5 days)

2) Fasting Goals

- Pray that God will continue to protect all ABCers and their families from COVID-19.
- Pray for all ABCers to be saturated with love, peace and unity in the Holy Spirit.
- Pray your personal requests especially to spend more time with God so as to hear clearly the voice of the Holy Spirit.

3) How to Fast

- Start your fast on Day 1 with prayer, as described under Fasting Goals.
- Start and end each fasting day with prayer and with affirmations of the above goals.
 1. Start your day thanking the Lord for protection on the fast.
- Pray as frequently during the day as is possible, especially in tongues.
- Confess your sins frequently during the day.
- If you are on a long full fast, then be sure to read Section 5 – 7.

4) Regular Fast: What to Fast

- Optionally, fast whatever you desire.
- Decide on what to fast before you start and stick to your decision throughout the fast.
- Choose a fast, which you know that you can maintain for the entire 21 days.
- Anybody can fast. At the least, take one grain of rice off your plate once per day (or one French fry).
- Popular fasts are giving up one meal (or part of one meal) or meats or desserts.
- A full fast would be only water, juices and/or soups. If you choose a full fast, read Sections 5 –7.

5) Fast-in: Starting Your Long Full Fast

- Beginning a long full fast: Day (1) Anything but no 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).
- Drink lots of water (at least 8 glasses per day) and even more during the fast

6) Fast-out: Breaking Your Long Full Fast

1. Drink at least 8 glasses of water per day.
2. Eat **VERY** small portions but eat frequently.
3. Day (1) juices or clear vegetable broths (2a) Custards, jello, cottage cheese, yogurt (2b) blended vegetable soups (2c) canned fruits (2d) Ice cream (3a) Crackers, bread (3b) fruits, (3c) real vegetable soups (4) Cheese, fish (5) Chicken (6) Red meat.
4. Starting on day 4, an energy protein shake per day is recommended for the rest of your life.

7) Cautions on Your Long Full Fast

2. Affirm once daily, “In the Name of Jesus, this fast has positive benefits and no negative effects.”
3. Pray Psalm 23 and/or 91 daily for protection.
4. Pray frequently and confess your sins regularly.
 - Drink lots of water to avoid constipation and hunger pains; sipping is better than periodic gulping.
 - Brush regularly and massage your gums with the toothbrush.
 - Flossing is recommended for stimulating your gums.
 - Use a mouthwash at least twice per day.
 - Brush your tongue at least once per day.