

The Rewards of Fasting

A. What Is a Godly Fast?

Is 58:6

1. Is this not the fast that I have chosen: to loose the bonds of wickedness, to undo the heavy burdens, to let the oppressed go free, and that you break every yoke?

B. Types of Fast

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| 1. Crisis (3 days). | Esther 4:16; Acts 9:9 |
| 2. Revelation (3 weeks). | Dan 10:2,3,14 |
| 3. Victory in prayer (1 day). | Ezra 8:21-23; Judg 20:18-28 |
| 4. Lifting of judgment (1 day?) | 1 Kings 21:27-29 |
| 5. Healing (3 days). | Matt 15:29-32 |
| 6. Dominion and Power(40 days - Supernatural). | Ex 24:12,18 (Moses)
1 Kings 19:8,15 (Elijah) |
| 7. Jesus | Matt 4:2; Luke 4:1,2 |

C. What Are the Rewards of a Godly Fast?

Is 48:8-9

1. "8 Then your light shall break forth like the morning, your healing shall spring forth speedily, and your righteousness shall go before you; the glory of the Lord shall be your rear guard. 9 Then you shall call, and the Lord will answer; you shall cry, and He will say, 'Here I am.' "If you take away the yoke from your midst, the pointing of the finger, and speaking wickedness."
2. So we fasted and entreated our God for this, and He answered our prayer. Ezra 8:23
3. Queen Esther called for a three day fast as an emergency to save her people. Esther 4:16
 - a. Esther risked her life and instead of being killed God gave her favor with the king who offered her half the kingdom. Esther 5:3
 - b. Wicked Haman was arrested and hung. Esther 7:8-10
 - c. The king wrote a decree so the Jews could defend themselves. Esther 8:8
 - d. Jews still celebrate the Feast of Purim. Esther 8:17
4. Daniel fasted for three weeks and the angel Prince Michael appeared to him. Dan 10:3-21
 - a. The angel told him that the prince of Persia resisted him for 21 days. Then Michael came to help so he could get to tell Daniel of God's warning for His people.

5. Jesus fasted on water only for 40 days, then Luke 4
the devil tempted him. After he resisted the temptations, the devil departed from Him, the angels of God brought him bread and ministered to Him.
6. Fast in secret so God can reward you openly. Matt 6:16-18
7. 16 “Moreover, when you fast, do not be like the hypocrites, with a sad countenance. For they disfigure their faces that they may appear to men to be fasting. Assuredly, I say to you, they have their reward. 17 But you, when you fast, anoint your head and wash your face, 18 so that you do not appear to men to be fasting, but to your Father who is in the secret place; and your Father who sees in secret will reward you openly.