

## Prayer and Fasting

### A. Teachings on fasting

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| a. New garments/wineskins                         | Matthew 9:14-17 |
| b. Pharisee and Publican                          | Luke 18:9-14    |
| c. When you fast in secret God will reward openly | Matthew 6:16    |
| d. God's desired fast and benefits                | Isaiah 58:1-14  |
| e. Doubt and Unbelief                             | Matthew 17:21   |

### B. Biblical Examples

Ezra	Ezra 8:21-23	3 days	Protection
Esther	Esther 4:16	3 days	Approach the king
Daniel	Daniel 10:2-3	21 days	Received revelation
Anna	Luke 2:36-37	Many fastings	Identified baby Jesus
Cornelius	Acts 10:30	4 days	Gentile church born
Saul	Acts 9:7	3 days	Vision
Elders	Acts 13:2	?	First Missionary Journey
Elijah	I Kings 19:5-8	40 days	Outran Ahab's chariot
Jesus	Matt 4:1-4 Matt 4:23-24	40 days	Power

### C. Prayer and Fasting burn out Egypt.

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| a. The Israelites lusted after food of Egypt. | Numbers 11      |
| b. God imposed a fast upon the Israelites.    | Deuteronomy 8:3 |

### D. We have our spiritual taste exercised.

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| a. Taste and see that the Lord is good.       | Psalm 34:8    |
| b. God's word is sweeter than honey.          | Psalm 119:103 |
| c. However, Jesus tasted death for every man. | Hebrews 2:9   |

### E. Fasting and Prayer precede revivals and propel missionary work

- a. William Barnham
- b. T.L. Osborne
- c. David Hogan

## ABC Fasting Guidelines

### 1) Fasting Dates

- Friday from 6 pm until 21 days later, 6 pm
- If on a Full Fast, remember to Fast-in, do a Regular Fast and then Fast-out (See below for descriptions)
- Suggested Fasting Pattern: Fast-in from Friday night to Wed (5 days)  
Regular Fast from Wed night to Sun (11 days)  
Fast-out from Sun night to Fri night (5 days)

### 2) Fasting Goals

- Pray that all ABC'ers will be hot for Jesus and will walk in great peace and love.
- Pray that God will continue to bring into ABC, hearers and doers who are on fire for Jesus.
- Pray your personal requests especially 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.
- 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 below.

### 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 (Revised)

- Drink at least 8 glasses of water per day.
- Eat **VERY** small portions.
- Eat frequently but small amounts and chew finely.
- Day (1) juices, clear vegetable soups, plain yogurt, cottage cheese (2) milk, crackers, bread, pasta, light fresh fruit, yogurts (3) fruits, vegetables, heavier soups (4) Cheese, fish (5) Chicken (6) small amounts of red meat; **gradually** work up to regular eating.
- Starting on day 6, an energy protein shake per day is recommended for the rest of your life.

### 7) Cautions on Your Long Full Fast

- Pray Psalm 23 and/or 91 daily for protection.
- 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.