



Power of Fasting

Fasting

- Denial of Food for a season to Seek God

Mathew 9:14

Then came to him the disciples of John, saying, **Why do we and the Pharisees fast oft**, but thy disciples fast not? And Jesus said unto them,

Can the children of the bridechamber mourn, as long as the bridegroom is with them? but the days will come, when the bridegroom shall be taken from them, and **then shall they fast.**

Mathew 17:19-21

Vs 19. Then came the disciples to Jesus apart, and said, Why could not we cast him out?

Vs 20. And Jesus said unto them, Because of your unbelief: for verily I say unto you, If ye have faith as a grain of mustard seed, ye shall say unto this mountain, Remove hence to yonder place; and it shall remove; and nothing shall be impossible unto you.

Vs 21. Howbeit this kind goeth not out but by prayer and fasting.



Why we Fast ?

- ◉ To Humble our Soul before God- **Psalm 35:13, Psalm 69:10**
- ◉ To Seek the Lord- **Daniel 9:3, Joel 2:12, 2 Chronicles 20:3**
- ◉ For Repentance- **Joel 1:14, Joel 2:15, Jonah 3:5**
- ◉ To generate Spiritual Power in our inner Man – **Mark 9:29, Mathew 17:20**

Why we Fast?

- To seek the Lord for intervention- **2 Sam 12:16-17**
- To Seek God's Direction, even for Your Family – **Ezra 8:21; Acts 13:2-3**
- To Seek God's favor among Men- **Esther 4:16**
- To Loose the bands of Wickedness, Undo Heavy Burdens, Let the oppressed go free, break every Yoke – **Isaiah 58:6-7**
- Jesus our Example Fasted- **Luke 4:1-2**
- A call, a Command – **Mathew 9:15, Mathew 6:16, Luke 5:33-35**

How to Fast ?

- Be Specific
- Combine with Prayer and the Word
- Be time Specific
- Have an Expectation-1 **Sam 1:11,17**
- Exclude Food- **Dan 10:2-3; Exo 34:28**
- On a Long Fast drink fluids regularly to stay hydrated

When do we Fast?

- When there is a Corporate Call-
Joel 1:14
- When there is a Burden in your heart- **1Samuel 1:8,10**
- Regularly to go deeper with God as we seek to Know more of Jesus.



Types of Fast

- **Full Fast**- Drink only liquids (you establish the number of days).
- **The Daniel Fast** Eat no meat, no sweets and no bread. Drink water and juice. Eat fruits and vegetables
- **3 Day Dry Fast**- No Drink, No Food
- **Partial Fast** A partial fast is from 6:00 am to 3:00 pm or from sun up to sundown.