

TIPS FOR FASTING

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"It is written, 'Man shall not live by bread alone, but by every word that proceeds from the mouth of God.'" Matthew 4:4

Types of Fasts: *(You can determine the amount of days)*

Biblical

- *Total Fast or Esther fast* (Esther 4:16, 5:2) she prayed for favor
 - 3 Days
 - No Food or water (dry fast)

- *Daniel Fast* (Daniel 1:5-21, 10:3)
 - Partial fast; no bread or meat, just greens and vegetables
 - Daniel fasted 21 days

- *The Jesus Fast/Water fast* (Matthew 4:1-2) Jesus fasted for spiritual power and victory over temptation, the flesh, and the devil.
 - 40 days only water
 - No food

- *Corporate Fast* (Jonah 3:4-10) Jonah warns Nineveh and they called for a corporate fast, meaning EVERYONE. Verse 5 says from the greatest to the least of them)

How to Fast:

1. Determine what kind of fast you want to do and how many days (1, 3, 14, 21, 40 days etc) and/or you can pray and ask the Lord what He is asking of you, how many days
2. Make time for fasting and prayer to draw near to Him.
3. Abstain from food
4. Establish the purpose as drawing near to God and create a prayer list (clear prayer goal)
5. Feed yourself with the Word of God
6. Pray
7. Worship

8. Be still and listen to His voice (spend quiet time in the secret place with God, with a notebook and pencil and wait for the Lord to speak to you. It can come in the form of an impression in your heart, thoughts etc.)
9. Keep a journal and record what you're getting from God!
10. Fast with someone else to keep each other accountable. People praying and fasting together has a great impact and is powerful!

Other things:

- Don't boast about your fast, let people know you won't be eating **only** if you need to. It's okay to let others know so they can pray with you! (Matthew 6:16-18)
- Have a clear target as your prayer focus. Without a clear vision, people perish, so write it down so you can pray about it.

Benefits of Biblical Fasting:

1. Draw nearer to God
2. Open rewards of fasting
3. It pleases God when we obey His will
 - Fasting should be normal in the life of a believer, just like prayer and giving. This develops a healthy spiritual discipline for every believer.
 - If it is important to God, then it must be important to you
4. It lifts our spirit above the desires of the flesh
 - Fasting and prayer puts the flesh in submission to the spirit
5. Increases our level of authority
 - Jesus overcame satan through fasting and prayer
6. Increases access to power and flow of the anointing
7. It is a sign of our hunger for God
 - *Blessed are those who hunger and thirst for righteousness, for they shall be filled. (Matthew 5:6)*
 - All fleshly desires are broken because they can't hold on to you when fasting
8. Breaks yokes and burdens of bondage
 - Matthew 17:21 *"However, this kind does not go out except by prayer and fasting"* Anything that has taken root in the flesh is removed (uprooted) and the spirit man begins to rise up again.
9. Breakthrough
 - We are pressing in for both personal and corporate breakthrough
10. It changes our hearts
 - Isaiah 58

11. Helps us walk in humility to the fear of God

- Psalms 35:13
- Humility is being yielded and putting no more resistance on the Lord's will for your life.
- Humility keeps you on track with a Godly perspective

12. Boldness

- To see what you have never seen before, you must first do what you have never done before
- No better time to step out in faith than during a time of prayer and fasting
- When you make up your mind, a mental block is broken
- Jesus rescues those who fall trying

13. Desire for the Lord and encounter

- Psalms 37:4 "*Delight yourself in the Lord, and He will give you the desires of your heart*"
- Fasting is a time of delighting yourself in the Lord! To delight is to take joy in doing so!

Other Practical tips:

- Fast and pray in order to humble yourself and purify your worship. In fasting we are seeking to realign our hearts with His affections. In fasting we can more readily say "I love You Lord, more than anything in the world."
- Prepare for opposition when fasting. On the day of your fast, people will suddenly be inspired to cook/order some of your favorite foods and meals. Satan tempted Jesus while He was fasting, so we will have to expect the same. Discouragement will come, but recognize the source and take your stand on the victory of Christ. Submit to God, resist the devil, and he will flee!
- If you fail, don't give into condemnation. God always extends grace, so if you messed up, get back up and continue your fast.
- Rest a lot
- Breakthrough often comes after the fast, but you may see breakthrough throughout your fasting as well.
- Fasting weakens the flesh and strengthens our spirit
- We have a spiritual man on the inside, and the stronger a believer we are, the stronger the spirit.

- Spend a lot of time in worship
- Get rid of all things that would take time away from spending time with God (social media, video games, phone games, tv, movies) and have a time of consecration
- When you get hungry say things like “I submit all my hunger to You Lord, in Jesus name.” and go read His Word! It will satisfy you!
- When the enemy tries to bring things up, negative thoughts or even trying to make you sick, say with authority, “I submit all of my thoughts to You Lord, in Jesus name,” “I claim my healing in the name of Jesus!”