

## Fasting



**FASTING** is a tremendous spiritual tool given to us by the Lord. It is a powerful weapon that, when utilized properly, helps to break and destroy debilitating yokes that have been devised to shackle and hamper God's people.

Fasting, the great partner of prayer, is a spiritual aid God uses to deliver us from self-centeredness and self-mindedness. Fasting helps us become **Christ-centered** and **Christ-minded**. It, *combined with prayer*, allows us remove the hindrances, and to see and embrace all that the Lord has designed for us.

Consider the following - **Fasting is a spiritual practice, outlined in both the Old and New Testament** and read the following passages linked here: [Isaiah 58](#) and [Matthew 6:16-18](#)

Fasting is a spiritual tool utilized by those greatly used of God such as Moses, David, Esther, Daniel, Paul, and Jesus Christ Himself.

**Fasting is a denial of one thing, in order to be open to and to receive another.** Fasting involves abstinence, but fasting is not simply a denial. Properly practiced, it is a denial of the flesh in order to liberate and enhance the spirit. Someone has described it as eating a nut. *You must crack open the hard outer shell to eat and enjoy the tender fruit.*

The Bible describes various types or categories of fasts:

- **Regular Fast:** abstaining from all food, solid or liquid, but not from water.
  - This type is described in [Luke 4:2](#) as Jesus was in the wilderness and afterward was hungry.
- **Absolute Fast:** abstaining from all food and water.
  - This type of fast is described in [Ezra 9](#), [Ezra 10](#); [Esther 4:16](#)
  - By Moses in [Deuteronomy 9:9](#), [9:18](#); and [Exodus 34:28](#); and Paul in [Acts 9:9](#)
- **Partial Fast:** abstaining from certain foods. This type is described in [Daniel chapter 1](#) and in [Daniel chapter 10](#).

Take a moment to [Read Isaiah 58](#) and fill in the outcomes found in a *Biblical fast*:

To \_\_\_\_\_ the bands of wickedness *verse 6*

To undo heavy \_\_\_\_\_ *verse 6*

To let the \_\_\_\_\_ go free *verse 6*

To \_\_\_\_\_ every yoke *verse 6*

To aid the \_\_\_\_\_, poor, and naked *verse 7*

You will be as a “\_\_\_\_\_ garden.” *verse 11*

The Lord will guide you \_\_\_\_\_ *verse 11*

You will be called be called, The \_\_\_\_\_ of the breach, The \_\_\_\_\_ of paths to dwell in.

*verse 12*