

Prayer and Fasting

In preparation for Miracle Weekend, the third weekend in February, join Pastor Corey and Stephanie in a 21-day corporate fast commencing Monday, January 30, 2012 at 6:00am – Sunday, February 19, 2012 at 6:00am. Listed below are the different types of fasts and the different ways of fasting. Please use this information as a roadmap as you join Pastors Corey and Stephanie in believing God for breakthroughs both in your life and in the life of The Inspiration Church. Remember to choose one or more of the nine fasts listed below. Look up the verses and be sure to name your fast as you pray and believe God.

FASTING DEFINED:

- Fasting is intentional abstinence from eating.
- Hebrew word for **fast** is **tsum** – It means “to cover over the mouth”
- Greek word for **fast** is **nesteuo** – It means “to abstain from food”
- Fasting is a conscious, intentional decision to abstain from the pleasure of eating for a time, in order to gain vital spiritual benefits

THE PURPOSE OF FASTING:

- Seeking God – Matthew 6:33
- Putting God first – Jeremiah 29:13
- Interceding for others – Luke 4:1-2; John 17:6-26

THE RESULTS OF FASTING:

- Hearing from God
- Power from God
- Breakthroughs in difficult situations
- Salvation and deliverance
- Peace
- Physical Cleansing

THE DIFFERENT TYPES OF FASTS¹ (Biblical Background Isaiah 58:6-8)

1. THE DISCIPLES’S FAST

¹ Elmer L. Towns. Fasting for Spiritual Breakthrough. (Ventura: Gospel Light, 1996), 20-24.

Purpose – “To loose the bands of wickedness” (Isaiah 58:6) – freeing ourselves and others from addictions to sin. **Key Verse: Matthew 17:21**

2. THE EZRA FAST

Purpose – To “undo the heavy burdens” (Isaiah 58:6) – to solve problems inviting the Holy Spirit’s aid in lifting loads and overcoming barriers that keep us and our loved ones from walking joyfully with the Lord. **Key Verse: Ezra 8:23**

3. THE SAMUEL FAST

Purpose – To let the oppressed (physically and spiritually) “go free” (Isaiah 58:6) – for revival and soul-winning, to identify with people everywhere enslaved literally or by sin and to pray to be used of God to bring people out of the kingdom of darkness and into God’s marvelous light. **Key Verse: 1 Samuel 7:6**

4. THE ELIJAH FAST

Purpose – “To break every yoke” (Isaiah 58:6) – conquering the mental and emotional problems that would control our lives, and returning the control to the Lord. **Key Verse: 1 Kings 19:4, 8**

5. THE WIDOW’S FAST

Purpose – “To share [our] bread with the hungry” and to care for the poor (Isaiah 58:7) – to meet the humanitarian needs of others. **Key Verse 1 Kings 17:16**

6. THE SAINT PAUL FAST

Purpose – To allow God’s “light [to] break forth like the morning (Isaiah 58:8) – bringing clearer perspective and insight as we make crucial decisions. **Key Verse: Acts 9:9**

7. THE DANIEL FAST

Purpose – So “thine health shall spring forth” (Isaiah 58:8 KJV) – to gain a healthier life of for healing. **Key Verse: Daniel 1:8**

8. THE JOHN THE BAPTIST FAST

Purpose – That “your righteousness shall go before you” (Isaiah 58:8) – that our testimonies and influence for Jesus will be enhanced before others. **Key Verse: Luke 1:15**

9. THE ESTHER FAST

Purpose – That “the glory of the Lord” will protect us from the evil one (Isaiah 58:8). **Key Verses: Esther 4:16; 5:2**

THE FOUR WAYS OF FASTING:

1. The **absolute fast** allows no food or water at all and should be short.
2. The **normal fast** is going without food for a definite period during which you ingest only liquids (water and/or juice).
3. The **partial fast** is one that omits certain foods or is on a schedule that includes limited eating.
4. A **rotational fast** consists of eating or omitting certain families of food for some time.