

FASTING 101

1. What Is A Fast? *Definition: to abstain from food, either entirely or partially*

Five Types of Fasts:

- A. The Normal Fast
- B. The Absolute Fast
- C. The Partial Fast
- D. The Wesley Fast
- E. The Rotational Fast

2. Why Should We Fast?

- A. David (the man after God's own heart) Fasted *II Samuel 3, 12*
- B. Jesus Expected Us To Fast *Matthew 6:16* "When you fast..."
- C. The First Century Church Fasted *Acts 13:2-3*

2. Why Don't Most Christians Fast?

- A. They are not taught about fasting.
- B. They are addicted to food.
- C. They are spiritually lazy.

3. Wrong Motives in Fasting

- A. To Be Proud *Matthew 6:16, James 4:6*
- B. To Get Our Own Way with God *Isaiah 58:3-4*
- C. To Be Legalistic *Ephesians 2:8-9*

4. The Spiritual Benefits of Fasting

- A. Humility before God *Psalms 35:13, Ezra 8:21*
- B. Joy and Gladness with God *Zechariah 8:19*
- C. Rewarded by God *Matthew 6:18*
- D. Heightened Sensitivity to God *Acts 13:2*

5. The Physical Benefits of Fasting

- A. System is Cleansed
- B. Healing
- C. Improved Mental Health
- D. Overcoming Addictions *Philippians 3:18-19*

6. The Preparations for Fasting

- A. Determine the Type of the fast
- B. Determine the Objectives of the fast
- C. Determine the Length of the Fast
- D. Maintain a Fasting Journal