



THE POWER OF FASTING WORKBOOK

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TABLE OF CONTENTS

DEFINITION	3
<u><i>HEBREW</i></u>	3
<u><i>GREEK</i></u>	3
<u><i>WEBSTERS</i></u>	3
PURPOSE OF FASTING	5
TYPES OF FASTING	9
THE TOTAL FAST	9
THE NORMAL FAST	10
GROUP FASTING	13
WHAT ABOUT PARTIAL FASTING?	15
GUIDELINES FOR FASTING	17
THE PATTERN FOR FASTING	19
<i>The period of PRAISE</i>	19
<i>The period of PENITENCE</i>	20
<i>The period of PETITION</i>	21
DELIVERANCE FASTING	23
SPIRITUAL FOOD	25
OTHER FASTING REFERENCES	27

FASTING

DEFINITION*

HEBREW

TSUWN, (*tsoom*, 6684); a prim. root; **to cover over (the mouth), i.e. to fast**:-X at all, fast.

References

Jdgs 20:26, 1 Sam 7:6, 1 Sam 31:13, 2 Sam 1:12, 2 Sam 12:16, 2 Sam 12:21-23, 1 Kings 21:27, 1 Chron 10:12, Ezra 8:23, Neh 1:4, Esther 4:16, Isaiah 58:3-4, Jer 14:12, Zech 7:5

TSOWN (*tsome*, 6685); from Heb6684; **a fast**:-fast (-ing).

References

1 Kings 21:9, 1 Kings 21:12, 2 Chron 20:3, Ezra 8:21, Neh 9:1, Esther 4:3, Esther 9:31, Psalm 35:13, Psalm 69:10, Psalm 109:24, Isaiah 58:3, Isaiah 58:5-6, Jer 36:6, Jer 36:9, Daniel 9:3, Joel 1:14, Joel 2:12, Joel 2:15, Jonah 3:5, Zech 8:19

GREEK

NESTEIA, (*nace-ti'-ah*, 3521); from Grk3522; **abstinence (from lack of food, or voluntary and religious)**; spec. the fast of the Day of Atonement:-fast (-ing).

References

Matthew 17:21, Mark 9:29, Luke 2:37, Acts 14:23, Acts 27:9, 1 Cor 7:5, 2 Cor 6:5, 2 Cor 11:27

NESTEUO, (*nace-tyoo'-o*, 3522); from Grk3523; **to abstain from food (religiously)**:-fast.

References

Matthew 4:2, Matthew 6:16, Matthew 6:18, Matthew 9:14-15, Mark 2:18-20, Luke 5:33-35, Luke 18:12, Acts 10:30, Acts 13:2-3

NESTIS, (*nace'-tis*, 3523); from the insep. neg. particle *ne-* (not) and Grk2068; **not eating**, i.e. abstinent from food (religiously):-fasting.

References

Matthew 15:32, Mark 8:3

WEBSTERS

to abstain (to hold oneself back; voluntarily do without; refrain) from foods

* Hebrew/Greek definitions taken from Strong's Exhaustive Concordance(1990), by James L. Strong

PURPOSE OF FASTING

- **to receive IMMEDIATE ATTENTION from GOD**

"Then shalt thou call, and the LORD shall answer; thou shalt cry, and he shall say, Here I am..." (Isaiah 58:9)

- **to AFFLICT oneself before GOD**

"Then I proclaimed a fast there, at the river of Ahava, that we might afflict ourselves before our God, to seek of him a right way for us, and for our little ones, and for all our substance." (Ezra 8:21)

- **to HUMBLE/CHASTEN one's soul**

"But as for me, when they were sick, my clothing was sackcloth: I humbled my soul with fasting; and my prayer returned into mine own bosom." (Psalm 35:13)

"When I wept, and chastened my soul with fasting, that was to my reproach." (Psalm 69:10)

- **to SEEK divine GUIDANCE and DIRECTION**

"And Jehoshaphat feared, and set himself to seek the LORD, and proclaimed a fast throughout all Judah." (2 Chronicles 20:3)

"Then I proclaimed a fast there, at the river of Ahava, that we might afflict ourselves before our God, to seek of him a right way for us, and for our little ones, and for all our substance. For I was ashamed to require of the king a band of soldiers and horsemen to help us against the enemy in the way: because we had spoken unto the king, saying, The hand of our God is upon all them for good that seek him; but his power and his wrath is against all them that forsake him. So we fasted and besought our God for this: and he was intreated of us." (Ezra 8:21-23)

"And it came to pass, when I heard these words, that I sat down and wept, and mourned certain days, and fasted, and prayed before the God of heaven," (Nehemiah 1:4)

"And I set my face unto the Lord God, to seek by prayer and supplications, with fasting, and sackcloth, and ashes:" (Daniel 9:3)

"Sanctify ye a fast, call a solemn assembly, gather the elders and all the inhabitants of the land into the house of the LORD your God, and cry unto the LORD," (Joel 1:14)

"And when they had ordained them elders in every church, and had prayed with fasting, they commended them to the Lord, on whom they believed." (Acts 14:23)

- **as an act of CONFESSING one's SINS**

"And they gathered together to Mizpeh, and drew water, and poured it out before the LORD, and fasted on that day, and said there, We have sinned against the LORD. And Samuel judged the children of Israel in Mizpeh." (1 Samuel 7:6)

"Now in the twenty and fourth day of this month the children of Israel were assembled with fasting, and with sackclothes, and earth upon them. And the seed of Israel separated themselves from all strangers, and stood and confessed their sins, and the iniquities of their fathers. And they stood up in their place, and read in the book of the law of the LORD their God one fourth part of the day; and another fourth part they confessed, and worshipped the LORD their God." (Nehemiah 9:1-3)

- **as a way of WORSHIPING GOD**

"Then all the children of Israel, and all the people, went up, and came unto the house of God, and wept, and sat there before the LORD, and fasted that day until even, and offered burnt offerings and peace offerings before the LORD." (Judges 20:26)

"...and another fourth part they confessed, and worshipped the LORD their God." (Nehemiah 9:1-3)"

"And there was one Anna, a prophetess, the daughter of Phanuel, of the tribe of Aser: she was of a great age, and had lived with an husband seven years from her virginity; And she was a widow of about fourscore and four years, which departed not from the temple, but served God with fastings and prayers night and day." (Luke 2:36-37)

- **to INTERCEDE (petition needs and/or desires) for OTHERS**

"Is not this the fast that I have chosen? ...to let the oppressed go free...Is it not to deal thy bread to the hungry, and that thou bring the poor that are cast out to thy house? when thou seest the naked, that thou cover him; and that thou hide not thyself from thine own flesh?" (Isaiah 58:6-7)

"Then the king commanded, and they brought Daniel, and cast him into the den of lions. Now the king spake and said unto Daniel, Thy God whom thou servest continually, he will deliver thee. And a stone was brought and laid upon the mouth of the den; and the king sealed it with his own signet, and with the signet of his lords; that the purpose might not be changed concerning Daniel. Then the king went to his palace, and passed the night fasting: neither were instruments of musick brought before him: and his sleep went from him." (Daniel 6:18)

- **to DELIVER one from SPIRITUAL BONDAGE**

"Is not this the fast that I have chosen? to loose the bands of wickedness, to undo the heavy burdens, and to let the oppressed go free, and that ye break every yoke?" (Isaiah 58:6)

"And Jesus rebuked the devil; and he departed out of him: and the child was cured from that very hour. Then came the disciples to Jesus apart, and said, Why could not we cast him out? 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. Howbeit this kind goeth not out but by prayer and fasting." (Matthew 17:18-21)

- **to PREPARE oneself for a DIVINELY APPOINTED mission or task**

"Then was Jesus led up of the Spirit into the wilderness to be tempted of the devil. And when he had fasted forty days and forty nights, he was afterward an hungred." (Matthew 4:1-2)

"And Jesus being full of the Holy Ghost returned from Jordan, and was led by the Spirit into the wilderness, Being forty days tempted of the devil. And in those days he did eat nothing: and when they were ended, he afterward hungered." (Luke 4:1-2)

"As they ministered to the Lord, and fasted, the Holy Ghost said, Separate me Barnabas and Saul for the work whereunto I have called them. And when they had fasted and prayed, and laid their hands on them, they sent them away." (Acts 13:2-3)

- **to RESTORE one's HEALTH**

"Then shall thy light break forth as the morning, and thine health shall spring forth speedily: and thy righteousness shall go before thee; the glory of the LORD shall be thy reward." (Isaiah 58:8-11)

- **to MOURN an occasion**

"And they mourned, and wept, and fasted until even, for Saul, and for Jonathan his son, and for the people of the LORD, and for the house of Israel; because they were fallen by the sword." (2 Samuel 1:12)

"Then Ezra rose up from before the house of God, and went into the chamber of Johanan the son of Eliashib: and when he came thither, he did eat no bread, nor drink water: for he mourned because of the transgression of them that had been carried away." (Ezra 10:6)

"In those days I Daniel was mourning three full weeks. I ate no pleasant bread, neither came flesh nor wine in my mouth, neither did I anoint myself at all, till three whole weeks were fulfilled." (Daniel 10:2-3)

- **to STRENGTHEN the marital union**

"Defraud ye not one the other, except it be with consent for a time, that ye may give yourselves to fasting and prayer; and come together again, that Satan tempt you not for your incontinency." (1 Corinthians 7:5)

TYPES OF FASTING

1) THE TOTAL FAST

DEFINITION total abstinence from food (solid or liquid) and drink
(including water)

REFERENCES

"And he was there with the LORD forty days and forty nights; he did neither eat bread, nor drink water. And he wrote upon the tables the words of the covenant, the ten commandments." (Exodus 34:28)

"When I was gone up into the mount to receive the tables of stone, even the tables of the covenant which the LORD made with you, then I abode in the mount forty days and forty nights, I neither did eat bread nor drink water:" (Deuteronomy 9:9)

"And he arose, and did eat and drink, and went in the strength of that meat forty days and forty nights unto Horeb the mount of God." (1 Kings 19:8)

"Then Ezra rose up from before the house of God, and went into the chamber of Johanan the son of Eliashib: and when he came thither, he did eat no bread, nor drink water: for he mourned because of the transgression of them that had been carried away." (Ezra 10:6)

"Go, gather together all the Jews that are present in Shushan, and fast ye for me, and neither eat nor drink three days, night or day: I also and my maidens will fast likewise; and so will I go in unto the king, which is not according to the law: and if I perish, I perish." (Esther 4:16)

"Is not this the fast that I have chosen? to loose the bands of wickedness, to undo the heavy burdens, and to let the oppressed go free, and that ye break every yoke?" (Isaiah 58:6)

"And Jesus rebuked the devil; and he departed out of him: and the child was cured from that very hour. Then came the disciples to Jesus apart, and said, Why could not we cast him out? 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. Howbeit this kind goeth not out but by prayer and fasting." (Matthew 17:18-21)

"And he was three days without sight, and neither did eat nor drink." (Acts 9:9)

COMMENTARY

- This is a special type of fast, and used in the Bible during times considered critical. In examining the passages referenced, it is shown that this fast was used for
 - guidance in making major decisions
 - intervention in life threatening circumstances
 - intercession during times of national sins
 - help in response to unusual situations
 - deliver those who are in spiritual bondage

- Deliverance, removal, purification, and restoration are the noted components of the total fast. Although fasting is commanded for all children of GOD, this fast is especially recommended for those who are in positions of delegated authority.
- It is suggested not to attempt this fast for any period exceeding 72 continual hours, unless divinely directed to do so. In the Bible, only Moses and Elijah were recorded to have fasted in this fashion longer (40 days/nights).
- Typical total fasting periods are 12, 24, and 72 hours.

2) THE NORMAL FAST

DEFINITION Total abstinence from food (solid or liquid) and drink
(except water)

REFERENCES

"I ate no pleasant bread, neither came flesh nor wine in my mouth, neither did I anoint myself at all, till three whole weeks were fulfilled." (Daniel 10:3)

"Then was Jesus led up of the Spirit into the wilderness to be tempted of the devil. And when he had fasted forty days and forty nights, he was afterward an hungred." (Matthew 4:1-2)

"And Cornelius said, Four days ago I was fasting until this hour; and at the ninth hour I prayed in my house, and, behold, a man stood before me in bright clothing," (Acts 10:30)

"As they ministered to the Lord, and fasted, the Holy Ghost said, Separate me Barnabas and Saul for the work whereunto I have called them. And when they had fasted and prayed, and laid their hands on them, they sent them away." (Acts 13:2-3)

"And when they had ordained them elders in every church, and had prayed with fasting, they commended them to the Lord, on whom they believed." (Acts 14:23)

COMMENTARY

- The features of this fast are
 - to prepare one to be fully used by the Holy Spirit for the divine task assigned
 - to enhance one's spiritual walk with GOD
 - to intercede on the behalf of others
 - to strengthen the spiritual bond between man and wife
- This fast was used by Jesus and upon its culmination and subsequent testing by Satan, marked the beginning of his public ministry. Although not stated in

GROUP FASTING

REFERENCE TEXT

"Now in the twenty and fourth day of this month the children of Israel were assembled with fasting, and with sackclothes, and earth upon them. And the seed of Israel separated themselves from all strangers, and stood and confessed their sins, and the iniquities of their fathers. And they stood up in their place, and read in the book of the law of the LORD their God one fourth part of the day; and another fourth part they confessed, and worshipped the LORD their God." (Nehemiah 9:1-3)

"To confirm these days of Purim in their times appointed, according as Mordecai the Jew and Esther the queen had enjoined them, and as they had decreed for themselves and for their seed, the matters of the fastings and their cry." (Esther 9:31)

"And it came to pass in the fifth year of Jehoiakim the son of Josiah king of Judah, in the ninth month, that they proclaimed a fast before the LORD to all the people in Jerusalem, and to all the people that came from the cities of Judah unto Jerusalem." (Jeremiah 36:9)

"Blow the trumpet in Zion, sanctify a fast, call a solemn assembly:" (Joel 2:15)

"So the people of Nineveh believed God, and proclaimed a fast, and put on sackcloth, from the greatest of them even to the least of them." (Jonah 3:5)

COMMENTARY

Group fasting is a powerful and effective method of bringing believers together. Its purpose is to petition God to intervene and address a special need or crisis. What distinguishes group fasting from other fasting methods is the bringing together of believers, all of ONE mind and ONE voice. Group fasting is excellent for

- deliverance from group conflicts
- deliverance from group contentions
- interceding for a specific individual or other group
- seeking collectively the LORD's guidance and direction
- dedication or preparation of a group activity
- selection of church leadership
- maintaining the spiritual base of any group

"Behold, how good and how pleasant it is for brethren to dwell together in unity!" (Psalm 133:1)

"Be of the same mind one toward another. Mind not high things, but condescend to men of low estate. Be not wise in your own conceits." (Romans 12:16)

"Finally, be ye all of one mind, having compassion one of another, love as brethren, be pitiful, be courteous:" (1 Peter 3:8)

WHAT ABOUT PARTIAL FASTING?

"But Daniel purposed in his heart that he would not defile himself with the portion of the king's meat, nor with the wine which he drank: therefore he requested of the prince of the eunuchs that he might not defile himself. Now God had brought Daniel into favour and tender love with the prince of the eunuchs. And the prince of the eunuchs said unto Daniel, I fear my lord the king, who hath appointed your meat and your drink: for why should he see your faces worse liking than the children which are of your sort? then shall ye make me endanger my head to the king. Then said Daniel to Melzar, whom the prince of the eunuchs had set over Daniel, Hananiah, Mishael, and Azariah, Prove thy servants, I beseech thee, ten days; and let them give us pulse to eat, and water to drink. Then let our countenances be looked upon before thee, and the countenance of the children that eat of the portion of the king's meat: and as thou seest, deal with thy servants. So he consented to them in this matter, and proved them ten days. And at the end of ten days their countenances appeared fairer and fatter in flesh than all the children which did eat the portion of the king's meat. Thus Melzar took away the portion of their meat, and the wine that they should drink; and gave them pulse." (Daniel 1:8-16)

The above passage has been cited by various authors and writers as to the existence and Divine Sanctioning of the partial fast. Is this a true fast? Our attempt is not to debate this matter; only to allow the Holy Spirit to provide for us the true existence and/or interpretation of the partial fast. We will only point out a few considerations.

In understanding this passage, the reader must be reminded that Daniel was a member of the tribe of Judah (one of the twelve tribes of Israel). And his insistence not to "defile himself" may have been due largely to the fact that as an Israelite he was bound to the Levitical laws pertaining to cleanliness and holiness (see Leviticus 11:1-47) which he did not want to break, even though he was in captivity. Those who are familiar with Judaism know that meat is slaughtered and prepared in a systematic way.

Websters Dictionary defines the term "partial" as

"favoring one person, faction, etc. more than another; biased; prejudiced; of, being, or affecting only a part; not complete or total" (Websters, 1978)

If this is true, do you think that the LORD would sanction this type of fast? Does GOD's Word promote this type of thinking? One of the things we must remember about our GOD is that he is "changeless" or immutable

"For I am the LORD, I change not; therefore ye sons of Jacob are not consumed." (Malachi 3:6)

This of course implies CONSISTENCY. And notice further how Scripture always exhorts us to "perfection", and utilizes words translated as "whole", "complete", "all", and "entire". **Would a COMPLETE and CONSISTENT GOD sanction a "partial" fast? Would HIS sanctioning of this fast call in question His Unity?** Additionally, remember the definition of FASTING. Can "partial abstinence" be viewed as a contradiction in terms?

Finally, consider the following passages for additional meditation and thought

GUIDELINES FOR FASTING

- **FOLLOW the sayings of Jesus...**

"Moreover, when ye fast, be not, as the hypocrites, of a sad countenance; for they disfigure their faces, that they may appear unto men to fast. Verily I say unto you, they have their reward. But thou, when thou fastest, anoint thine head, and wash thy face, that thou appear not unto men to fast, but unto thy Father, who is in secret; and thy Father, who seeth in secret, shall reward thee openly." (Matthew 6:16-18)

- **Have SPECIFIC and PROPER reasons for your fast**

"Wherefore have we fasted, say they, and thou seest not? wherefore have we afflicted our soul, and thou takest no knowledge? Behold, in the day of your fast ye find pleasure, and exact all your labours. Behold, ye fast for strife and debate, and to smite with the fist of wickedness: ye shall not fast as ye do this day, to make your voice to be heard on high. Is it such a fast that I have chosen? a day for a man to afflict his soul? is it to bow down his head as a bulrush, and to spread sackcloth and ashes under him? wilt thou call this a fast, and an acceptable day to the LORD?" (Isaiah 58:3-5)

"Speak unto all the people of the land, and to the priests, saying, When ye fasted and mourned in the fifth and seventh month, even those seventy years, did ye at all fast unto me, even to me?" (Zechariah 7:5)

- **be ever MINDFUL of YOUR RELATIONSHIP with GOD**

*"Thus saith the LORD unto this people, Thus have they loved to wander, they have not refrained their feet, therefore the LORD doth not accept them; he will now remember their iniquity, and visit their sins. Then said the LORD unto me, Pray not for this people for their good. **When they fast, I will not hear their cry;** and when they offer burnt offering and an oblation, I will not accept them: but I will consume them by the sword, and by the famine, and by the pestilence." (Jeremiah 14:10-12)*

- **DO NOT "pig out" before or after a fast. Eat soup, fruits, and/or light vegetables to allow your body to gradually adjust.**

"And they found an Egyptian in the field, and brought him to David, and gave him bread, and he did eat; and they made him drink water; And they gave him a piece of a cake of figs, and two clusters of raisins: and when he had eaten, his spirit came again to him: for he had eaten no bread, nor drunk any water, three days and three nights." (1 Samuel 30:11-12)

THE PATTERN FOR FASTING

To provide structure to your period of fasting, the following outline will prove helpful. This is based on the following passage

"Now in the twenty and fourth day of this month the children of Israel were assembled with fasting, and with sackclothes, and earth upon them. And the seed of Israel separated themselves from all strangers, and stood and confessed their sins, and the iniquities of their fathers. And they stood up in their place, and read in the book of the law of the LORD their God one fourth part of the day; and another fourth part they confessed, and worshipped the LORD their God." (Nehemiah 9:1-3)

PERIOD 1: *The period of PRAISE*

SUGGESTED READING *(Psalm 111-113, 115-118)*

The word "praise" comes from the Hebrew word transliterated "HALAL", which means "to boast". HALAL is also the source of the word "Hallelujah". The Hebrew title to the Book of Psalms transliterated "Sepher Tehillum" correspondingly means the "Book of Praises". Praise involves singing, magnifying, lifting up the Name of Jesus, and is accomplished in the following manner:

- Approach HIM in humble and reverent submission
- Remember how far HE has brought you!
- Think on HIS Goodness!
- Petition HIS Presence
- Acknowledge HIS Sovereignty
- Boast of HIS Attributes
 - HIS Omnipotence
 - HIS Omnipresence
 - HIS Omniscience
 - HIS Self-Existence
 - HIS Eternity
 - HIS Unity
 - HIS Immutability
 - HIS Righteousness
 - HIS Veracity
 - HIS Wisdom
- Thank Him for HIS Provision, HIS Protection, and HIS Patience

PERIOD 2: *The period of **PENITENCE***

SUGGESTED READING: (*Leviticus 26:40-42, 2 Chronicles 7:14, Nehemiah 1:6, Psalm 25:18, Psalm 32:5, Psalm 51, 1 John 1:9*)

Penitence signifies an ACT OF REPENTANCE, a full and complete realization and deep crushing sorrow that you've sinned and have come short in the sight of GOD. Penitence involves turning away from sin, and turning back to GOD.

One important note! As we entreat (ask) GOD for forgiveness of sin, **we must also be open and willing to be forgiving of those who have wronged us!**

"For if ye forgive men their trespasses, your heavenly Father will also forgive you: But if ye forgive not men their trespasses, neither will your Father forgive your trespasses." (Matthew 6:14-15)

"Then came Peter to him, and said, Lord, how oft shall my brother sin against me, and I forgive him? till seven times? Jesus saith unto him, I say not unto thee, Until seven times: but, Until seventy times seven." (Matthew 18:21-22)

"Then his lord, after that he had called him, said unto him, O thou wicked servant, I forgave thee all that debt, because thou desiredst me: Shouldest not thou also have had compassion on thy fellowservant, even as I had pity on thee? And his lord was wroth, and delivered him to the tormentors, till he should pay all that was due unto him. So likewise shall my heavenly Father do also unto you, if ye from your hearts forgive not every one his brother their trespasses." (Matthew 18:32-35)

"And when ye stand praying, forgive, if ye have ought against any: that your Father also which is in heaven may forgive you your trespasses. But if ye do not forgive, neither will your Father which is in heaven forgive your trespasses." (Mark 11:25-26)

"Judge not, and ye shall not be judged: condemn not, and ye shall not be condemned: forgive, and ye shall be forgiven." (Luke 6:37)

"Take heed to yourselves: If thy brother trespass against thee, rebuke him; and if he repent, forgive him. And if he trespass against thee seven times in a day, and seven times in a day turn again to thee, saying, I repent; thou shalt forgive him." (Luke 17:3-4)

"And be ye kind one to another, tenderhearted, forgiving one another, even as God for Christ's sake hath forgiven you." (Ephesians 4:32)

"Forbearing one another, and forgiving one another, if any man have a quarrel against any: even as Christ forgave you, so also do ye." (Colossians 3:13)

NO PRAYER will be heard, **NO PENITENCE** acknowledged, **NO PETITION** will be granted, and **NO GROWTH/MATURITY** will take place until we learn to forgive others! Unforgiveness (especially to family and friends) remains the single most devastating hinderance to the Child of GOD! Don't allow unforgiveness to jeopardize your fellowship with GOD!

PERIOD 3: *The period of **PETITION***

SUGGESTED READING (*Proverbs 3:5-6, Ezra 8:21-23, Matthew 7:7-8, 1 John 5:14-15, James 1:5*)

Now that you've emptied yourself, and have placed yourself in the proper posture to receive the revelation of GOD, the time has arrived where you can now make your requests known to him. Don't be afraid that your requests may seem to be selfish or self-serving. **Ask anyway!**

*"Ye lust, and have not: ye kill, and desire to have, and cannot obtain: ye fight and war, yet **ye have not, because ye ask not.**" (James 4:2)*

With an open and receptive heart, **YOU WILL BE GIVEN AN ANSWER.** Beware of the danger of assuming what GOD's answer will be, and be willing to accept a "NO" just as you would a "YES". HE and HE alone knows your needs, and regardless of whether our request(s) may be honored or not, **He will reward us** for our attempts to seek HIS Guidance and HIS Direction.

*"But thou, when thou fastest, anoint thine head, and wash thy face; That thou appear not unto men to fast, but unto thy Father which is in secret: and thy Father, which seeth in secret, **shall reward thee openly.**" (Matthew 6:17-18)*

NOTES

DELIVERANCE FASTING

"Is not this the fast that I have chosen? to loose the bands of wickedness, to undo the heavy burdens, and to let the oppressed go free, and that ye break every yoke?" (Isaiah 58:6)

Any fast that seeks deliverance from spiritual bondage will provide unusually difficult challenges for the believer. Spiritual bondage is the result of an ungodly spirit taking control of your body/soul. And no ungodly spirit has a desire to leave your body! Therefore, when one fasts for deliverance, expect unusual difficulty and hardship. The writings of Mark describe vividly the following account

*"And one of the multitude answered and said, Master, I have brought unto thee my son, which hath a dumb spirit; And wheresoever he taketh him, he teareth him: and he foameth, and gnasheth with his teeth, and pineth away: and I spake to thy disciples that they should cast him out; and they could not. He answereth him, and saith, O faithless generation, how long shall I be with you? how long shall I suffer you? bring him unto him: and when he saw him, straightway the spirit tare him; and he fell on the ground, and wallowed foaming. And he asked his father, How long is it ago since this came unto him? And he said, Of a child. And oftimes it hath cast him into the fire, and into the waters, to destroy him: but if thou canst do any thing, have compassion on us, and help us. Jesus said unto him, If thou canst believe, all things are possible to him that believeth. And straightway the father of the child cried out, and said with tears, Lord, I believe; help thou mine unbelief. When Jesus saw that the people came running together, he rebuked the foul spirit, saying unto him, Thou dumb and deaf spirit, I charge thee, come out of him, and enter no more into him. **And the spirit cried, and rent him sore, and came out of him: and he was as one dead; insomuch that many said, He is dead.** But Jesus took him by the hand, and lifted him up; and he arose. And when he was come into the house, his disciples asked him privately, Why could not we cast him out? And he said unto them, This kind can come forth by nothing, but by prayer and fasting." (Mark 9:17-29)*

All spiritual deliverance-type fasts will have this unusual difficulty. The reason for this is that you are petitioning the LORD to release you from satan's grip through controlling spirits that have kept you in bondage.

Controlling spirits can be described as unwanted desires and appetites that we cannot control, which cause us to think and act in ungodly ways. These type of spirits skillfully supply undesirable thoughts to the mind of its victims, which in turn manifests in unexplained actions, and evolves into addictive and destructive behavior. The root meaning of **addiction** is defined as "to give oneself up to", or "to lay exposed to". Some examples of controlling spirits are

lust	fear	gambling
fornication	overeating	pride
adultery	incest	selfishness
alcoholism	lying	laziness
substance abuse	stealing	deception

For deliverance from these controlling spirits, it is recommended that you enter a total fast for 3 days and 3 nights (72 hours). As stated in the total fast, you will abstain from all food and drink, petitioning the LORD to deliver you from those unwanted desires and habits that have kept you in bondage.

During this fast, engage in constant communication with the LORD, allowing HIM to reveal other areas of your life that need attention. **Write down all that HE reveals to you**, asking for deliverance from each thing revealed.

Prior to complete deliverance, many will experience numerous mood changes as well as unusual fatigue. Some will experience severe depression. Others will be extremely short-tempered. Still others will experience uncertainty and self-doubt.

At deliverance time, the body may expel some foreign substance that will confirm the exit/departure of the ungodly spirit. Some will experience uncontrollable coughing. Others will experience uncontrollable sneezing. Does Scripture bear this out? Consider the following passage

"Then he returned, and walked in the house to and fro; and went up, and stretched himself upon him: and the child sneezed seven times, and the child opened his eyes." (2 Kings 4:35)

After deliverance, the LORD will further show His power by allowing satan to tempt you with that which had bound you. This time however, you will find that the desire or compulsion to act as before will be gone, giving you adequate strength to resist the temptation. Be careful that you don't fall into the same trap again! Scripture holds very disturbing consequences to those who do.

"For if after they have escaped the pollutions of the world through the knowledge of the Lord and Saviour Jesus Christ, they are again entangled therein, and overcome, the latter end is worse with them than the beginning. For it had been better for them not to have known the way of righteousness, than, after they have known it, to turn from the holy commandment delivered unto them. But it is happened unto them according to the true proverb, The dog is turned to his own vomit again; and the sow that was washed to her wallowing in the mire." (2 Peter 2:17-22)

NOTES

"SPIRITUAL FOOD"

The following passages are offered to provide strength and endurance during those "weak" moments of your fast

"But he knoweth the way that I take: when he hath tried me, I shall come forth as gold." (Job 23:10)

"For his anger endureth but a moment; in his favour is life: weeping may endure for a night, but joy cometh in the morning." (Psalm 30:5)

"And he that taketh not his cross, and followeth after me, is not worthy of me. He that findeth his life shall lose it: and he that loseth his life for my sake shall find it." (Matthew 10:38-39)

"But we have this treasure in earthen vessels, that the excellency of the power may be of God, and not of us. We are troubled on every side, yet not distressed; we are perplexed, but not in despair; Persecuted, but not forsaken; cast down, but not destroyed; Always bearing about in the body the dying of the Lord Jesus, that the life also of Jesus might be made manifest in our body. For we which live are alway delivered unto death for Jesus' sake, that the life also of Jesus might be made manifest in our mortal flesh. So then death worketh in us, but life in you. We having the same spirit of faith, according as it is written, I believed, and therefore have I spoken; we also believe, and therefore speak; Knowing that he which raised up the Lord Jesus shall raise up us also by Jesus, and shall present us with you. For all things are for your sakes, that the abundant grace might through the thanksgiving of many redound to the glory of God. For which cause we faint not; but though our outward man perish, yet the inward man is renewed day by day. For our light affliction, which is but for a moment, worketh for us a far more exceeding and eternal weight of glory; While we look not at the things which are seen, but at the things which are not seen: for the things which are seen are temporal; but the things which are not seen are eternal." (2 Corinthians 4:7-18)

"For we know that if our earthly house of this tabernacle were dissolved, we have a building of God, an house not made with hands, eternal in the heavens." (2 Corinthians 5:1)

"Let this mind be in you, which was also in Christ Jesus: Who, being in the form of God, thought it not robbery to be equal with God: But made himself of no reputation, and took upon him the form of a servant, and was made in the likeness of men: And being found in fashion as a man, he humbled himself, and became obedient unto death, even the death of the cross." (Philippians 2:5-8)

"Thou therefore endure hardness, as a good soldier of Jesus Christ." (2 Timothy 2:3)

"Ye are of God, little children, and have overcome them: because greater is he that is in you, than he that is in the world." (1 John 4:4)

OTHER FASTING REFERENCES

"And they took their bones, and buried them under a tree at Jabesh, and fasted seven days." (1 Samuel 31:13)

"David therefore besought God for the child; and David fasted, and went in, and lay all night upon the earth. (2 Samuel 12:16)

"Then said his servants unto him, What thing is this that thou hast done? thou didst fast and weep for the child, while it was alive; but when the child was dead, thou didst rise and eat bread. And he said, While the child was yet alive, I fasted and wept: for I said, Who can tell whether GOD will be gracious to me, that the child may live? But now he is dead, wherefore should I fast? can I bring him back again? I shall go to him, but he shall not return to me." (2 Samuel 12:21-23)

"And she wrote in the letters, saying, Proclaim a fast, and set Naboth on high among the people:" (1 Kings 21:9)

"They proclaimed a fast, and set Naboth on high among the people." (1 Kings 21:12)

"And it came to pass, when Ahab heard those words, that he rent his clothes, and put sackcloth upon his flesh, and fasted, and lay in sackcloth, and went softly." (1 Kings 21:27)

"They arose, all the valiant men, and took away the body of Saul, and the bodies of his sons, and brought them to Jabesh, and buried their bones under the oak in Jabesh, and fasted seven days." (1 Chronicles 10:12)

"And in every province, whithersoever the king's commandment and his decree came, there was great mourning among the Jews, and fasting, and weeping, and wailing; and many lay in sackcloth and ashes." (Esther 4:3)

"My knees are weak through fasting; and my flesh faileth of fatness." (Psalm 109:24)

"Therefore go thou, and read in the roll, which thou hast written from my mouth, the words of the LORD in the ears of the people in the LORD'S house upon the fasting day: and also thou shalt read them in the ears of all Judah that come out of their cities." (Jeremiah 36:6)

"Therefore also now, saith the LORD, turn ye even to me with all your heart, and with fasting, and with weeping, and with mourning:" (Joel 2:12)

"Thus saith the LORD of hosts; The fast of the fourth month, and the fast of the fifth, and the fast of the seventh, and the fast of the tenth, shall be to the house of Judah joy and gladness, and cheerful feasts; therefore love the truth and peace." (Zechariah 8:19)

"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." (Matthew 9:14-15)

"Then Jesus called his disciples unto him, and said, I have compassion on the multitude, because they continue with me now three days, and have nothing to eat: and I will not send them away fasting, lest they faint in the way." (Matthew 15:32)

"And the disciples of John and of the Pharisees used to fast: and they come and say unto him, Why do the disciples of John and of the Pharisees fast, but thy disciples fast not? And Jesus said unto them, Can the children of the bridechamber fast, while the bridegroom is with them? as long as they have the bridegroom with them, they cannot

fast. But the days will come, when the bridegroom shall be taken away from them, and then shall they fast in those days." (Mark 2:18-20)

"And if I send them away fasting to their own houses, they will faint by the way: for divers of them came from far." (Mark 8:3)

"And they said unto him, Why do the disciples of John fast often, and make prayers, and likewise the disciples of the Pharisees; but thine eat and drink? And he said unto them, Can ye make the children of the bridechamber fast, while the bridegroom is with them? But the days will come, when the bridegroom shall be taken away from them, and then shall they fast in those days." (Luke 5:33-35)

"I fast twice in the week, I give tithes of all that I possess." (Luke 18:12)

"Now when much time was spent, and when sailing was now dangerous, because the fast was now already past, Paul admonished them," (Acts 27:9)

"In stripes, in imprisonments, in tumults, in labours, in watchings, in fastings;" (2 Corinthians 6:5)

"In weariness and painfulness, in watchings often, in hunger and thirst, in fastings often, in cold and nakedness." (2 Cor 11:27)