

“Eight Reasons to Fast”

Regular fasting is one of the most beneficial things a Christian can engage in. Fasting is a spiritual discipline and a skill that has a learning curve. Persisting in this Biblical command will produce miraculous fruit over a person’s lifetime.

1. Fasting to experience the _____ in personal ministry.
 - Jesus – **Matthew 4:2, Mt. 17:21**
 - John the Baptist – **Matthew 11:18**
 - Paul – **2 Cor. 6:5, 11:27, Acts 9:9**

2. Fasting to _____ the _____ of sin. **Isaiah 58:6, 1 Cor. 9:26-27**

3. Fasting for _____.

* There will be an _____ of prophetic Revelation in the Church before Jesus _____. **Act 2:17-21**

- **Jeremiah 23:18-20**
- **Daniel 9:1-3, 20-23, 10:1-3 12-14**

4. Fasting for the fulfillment of God’s _____ to your family, city, or nation.
 - Nehemiah – fasted _____ days for Jerusalem. **Neh. 1:1-4**
 - Anna – fasted & prayed for more than _____.
Luke 2:36-38

5. Fasting in the _____ of _____.
 - Moses – his _____ 40 Day fast – **Deut. 9:7-21**
 - Joel – national _____ – **Joel 1:13-14, 2:12-15**

6. Fasting for _____.
 - Ezra – before a _____ – **Ezra 8:21-23**
 - Ester – national _____ – **Ester 4:3, 16**

7. Fasting for _____.
 - Paul fasted 3 days following his _____. **Acts 9:9**
 - The _____ fasted for strategic direction. **Acts 13:1-4, 14:23**

8. Fasting to _____ and have _____ with the Living God.

* “The _____”
-“_____ they will fast” **Matthew 9:14-15**

Practical Suggestions on Fasting: (for 1 day or less)

1. Drink _____.
2. The _____ come later.
3. Take _____ for headaches, etc.
4. Don't _____ following
5. _____ issues – pregnancy, diabetes, etc.
6. Spend your normal meal times _____.
7. Learn to fast _____.

Recommended Books on Fasting:

- **The Rewards of Fasting – Mike Bickle**
- **Shaping History Through Prayer and Fasting – Derek Prince**
- **Fasting – Jentezen Franklin**
- **The Hidden Power of Prayer & Fasting – Mahesh Chavda**
- **The Coming Revival – Bill Bright**