

7. The Daniel Fast: to bring _____, healing, and well-being to the body. (Isaiah 58:6, 8, Daniel 1:12, 19-20, James 5:15)

8. The John the Baptist Fast: to expand and increase my personal _____ and influence for the sake of God's Kingdom. (Matthew 5:14-16, Isaiah 58:6, 8)

9. The Esther Fast: to gain _____ from the evil schemes of Satan. (Isaiah 58:6, 8)

How to receive forgiveness from God:

1. Admit that you have sinned against God and others.
2. Believe that Jesus Christ is the Son of God and died for you on the cross.
3. Commit to following Jesus Christ all the days of your life!

You can do that now by simply talking to God in a prayer like this:

Dear Lord Jesus, I know I am a sinner, and I ask for your forgiveness. I believe you died for my sins and rose from the dead. Today, I receive you as my Savior; and I put my faith in you as my LORD. Help me to live for you all the days of my life. In your name, Amen.

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**DWELL IN GOD'S PRESENCE THROUGH FASTING
January 6 & 7, 2024**

PURPOSE AND BENEFITS OF BIBLICAL FASTING?

1. Biblical fasting (abstaining from food) is a spiritual discipline of worship and prayer that is done for _____.

(Zechariah 7:5 NKJV, Luke 2:37 NLT, Acts 13:2 NLT)

2. Biblical fasting can draw us closer to _____, strengthen us _____, bring needed spiritual

_____ **from the things that control us, discover**

God's _____ and will for our lives, and guide us

toward _____ and well-being.

(Isaiah 58:6-8 NKJV)

WHAT IS THE DURATION OF A BIBLICAL FAST?

- 1. The Normal Fast:** going without food for a defined period in which you ingest only water or juice. The duration of a normal fast can be one day, three days, one month, or 40 days.
- 2. The Partial Fast:** omitting certain foods from your diet or determining a schedule of limited eating. It may consist of eating only one meal a day or certain foods like vegetables, bread, etc. The duration of a partial fast can be any number of options, but it is most likely one day, two days a week, 21 days, one month, or 40 days.
- 3. The Rotational Fast:** eating or omitting certain families of foods for a designated period of time. For example, you may choose to eat only grains every fourth day, vegetables every fifth day, etc. The various food families are rotated so that some food is available each day.
- 4. The Absolute Fast:** going without food or water. This type of fast should be very short in duration. Moses held to an absolute fast for 40 days, but this would kill someone without supernatural intervention. Test any spirit that tries to talk you into fasting without food or water for 40 days.

REASONS FOR AND TYPES OF BIBLICAL FASTING:

- 1. The Disciples Fast:** to achieve _____ from addiction or from an irresistible sin. (Isaiah 58:6 NKJV, Matthew 17:21)
- 2. The Ezra Fast:** to solve a problem and seek the _____ of the Holy Spirit. (Ezra 8:23)
- 3. The Samuel Fast:** to experience _____ and win more souls for God's Kingdom. (1 Samuel 7:2-11, 2 Chronicles 7:14)
- 4. The Elijah Fast:** to _____ negative mental and emotional habits. (1 Kings 19, Hebrew 13:5-6)
- 5. The Widow's Fast:** to _____ or _____ funds to help meet the needs of others. (1 Kings 17, 1 Kings 17:14)
- 6. The Paul Fast:** to bring clear perspective and insight for critical _____ - _____. (Acts 9:9, Isaiah 58:8)