**Fasting**

If you do not already know of the power and importance of fasting, here are some very important facts:

🕮 Fasting was an expected discipline in both the Old and New Testament eras. For example, Moses fasted at least two recorded forty-day periods. Jesus fasted 40 days and reminded His followers to fast, "when you fast," not if you fast.

🕮 Fasting and prayer can restore the loss of the "first love" for your Lord and result in a more intimate relationship with Christ.

🕮 Fasting is a biblical way for you to truly humble yourself in the sight of God (Psalm 35:13; Ezra 8:21). King David said, "I humble myself through fasting."

🕮 Fasting enables the Holy Spirit to reveal your true spiritual condition, resulting in brokenness, repentance, and a transformed life.

🕮The Holy Spirit will quicken the Word of God in your heart and His truth will become more meaningful to you!

🕮 Fasting can transform your prayer life into a richer and more personal experience.

🕮 Fasting can result in a dynamic personal revival in your own life-and make you a channel of revival to others.

🕮 Fasting and prayer are the only disciplines that fulfill the requirements of II Chronicles 7:14:

*"If my people, who are called by my name, will humble themselves and pray and seek my face and turn from their wicked ways, then will I hear from heaven and will forgive their sin and will heal their land."*

**The Bible Recounts Primarily Two Types of Fasts**

A partial fast is described in the book of Daniel. Although the water fast seemed to be the custom of the prophet, there was a three-week period in which he only abstained from "delicacies," meat, and wine (Daniel 10:3).

Another type mentioned in the Bible is the "**absolute**" fast. These are total fasts-no food (solid or liquid) and no water. Paul went on an absolute fast for three days following his encounter with Jesus on the road to Damascus (Acts 9:9).

\*\*The first page is from an article by Bill Bright. The rest of the article is from various sources.

**Occasional Food Fasts and Permanent Worldly Fast**

Many people God has greatly used began their calling in intense prayer accompanied with one type of fasting or another. Although fasting is basically abstaining from food, self-denial from other things of the flesh is also fasting.

There are many things of the flesh (of worldly value) that hinder sensitivity to the spirit of God. Some require occasional fasts like interaction with certain people.  Some require frequent fasts like certain foods and quantities, certain books and multimedia, etc. (TV, e-mail, Facebook, etc)

Others require permanent fasting. Anything that does not add to our closer walk with God the Father, the Son and the Holy Spirit requires a permanent fast.

In spite of the absolute safety and benefits of fasting, there are certain persons who should NEVER fast from food without professional supervision. For example:

* Persons who are physically too thin or emaciated.
* Persons who are prone to anorexia, bulimia, or other behavioral disorders.
* Those who suffer weakness or anemia.
* Persons who have tumors, bleeding ulcers, cancer, blood diseases, or who have heart disease.
* Those who suffer chronic problems with kidneys, liver, lungs, heart, or other important organs.
* Individuals who take insulin for diabetes, or suffer any other blood sugar problem such as hyperglycemia.
* Women who are pregnant or nursing.

**Children**

In general, children should not fast from whole meals, or at least no more than one meal at a time, but they can be encouraged to give up certain favorite foods, activities, or fast from media for a period of time.

Fasting is to be done under the guidance and leadership of the HS. Please ask the Father what He wants you (and your family to do).