



# FAST

February 9 midnight - March 2 midnight

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	1
2	3					

## Promised Rewards From Isaiah 58:8-14

- 1 . God's light on your darkness.
2. Speedy healing and recovery processes.
3. Righteousness leading you.
4. The glory will protect His presence on your life.
5. Answered prayers.
6. Clarity to the voice of God.
7. Light rising in what has been obscure and dark to you.
8. Guidance.
9. Satisfaction.
10. Strength and refreshing.
11. Raise the standard, repair the breach, restore paths.
12. A walk in the Spirit higher than ever before.
13. Receive your inheritance (double portion).

# 21<sup>day</sup> FAST

February 9 midnight - March 2 midnight

## WHY IN THE WORLD WOULD I WANT TO FAST

### I. Why Would I Fast?

- A. Jesus modeled it Matthew 4:1-11.
- B. Jesus expects it Matthew 6:16-18.
- C. Jesus directs it Matthew 9:10-17.
- D. Jesus prescribes it Matthew 17:14-21.

### II. Why Should I Fast?

- A. The Father sees it and rewards it Matthew 6:16-18.
- B. It helps prepare our heart for Jesus' return Matthew 9:10-17.
- C. It purges unbelief Matthew 17:14-21.
- D. It increases our power to abstain from fleshy lusts  
1 Corinthians 6:12, 13; 1 Peter 2:11.
- E. It aids us in our seeking of God Joel 2:12-17.
- F. It brings release and rewards Isaiah 58:6-14.
- G. It positions you for revelation Daniel 10:1-3.
- H. It helps you humble your soul Psalm 69:10.

### III. How Could I Fast?

- A. Types of fasting:
  - 1. Normal - Abstain from all forms of food not water.
  - 2. Absolute - Abstain from all forms of food and water.
  - 3. Partial- Abstain from certain forms of food.
  - 4. Power - Abstain from any thing that has a power over you to break its hold.
  - 5. Daniel - Abstain from pleasant bread (snacks, sweets, etc.).
- B. Motives Matthew 6:16-18.
  - 1. Not to be self-centered, for the praise of men, or to appear to men to be super spiritual.
  - 2. Not to draw attention to yourself.
  - 3. Normal grooming; take care of family responsibilities.
  - 4. Do it in secret.
- C. Practical steps.
  - 1. Decide the purpose of the fast and proclaim it before the Lord.
  - 2. Believe you receive the open rewards before, not after the fast Isaiah 58:8-14.
  - 3. Minister to others: during – only if led; after – always.
  - 4. Expect spiritual help and grace.
  - 5. Break it gradually.