**Foundation of the Church**

**Bible Study Series**

Fasting

Additional Notes

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***You’re Going to Look Better in 10 Days***

Daniel 1

Temptation to Conform

Temper your Cravings

Transformation Comes

Points to Ponder:

Thesis:

***Question:*** What is fasting?

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| What do you think fasting is? | What do you think fasting does? | What do we as a congregation know prayer to be? |
|  |  |  |

1. A **call** to fast – Isaiah 58:1 – 12
   1. The rebellion of the **peopl**e v. 1 – 3a
   2. **Improper** fasting v. 3b – 5
   3. Divine **results** of proper fasting v. 6 – 9a
   4. **Personal** results of proper fasting v. 9b – 12
2. A **command** to fast – Matthew 6:16 – 18
   1. Our obligation to **fast** v. 16
   2. **Outward** appearance v. 16 – 17a
   3. Our **reward** for fasting 17b – 18

Types of Fasts

**Full Fast**

No food or drink

\*In the Bible only noted to be done for three days

Acts 9:9

Esther 4:15 – 16

**Regular Fast**

Refraining from eating all food. Most people still drink water or juice during a regular fast.

**Partial Fast**

Omitting a specific meal or from your diet or refraining from certain types of foods.

**Disciples Fast**

Fasting to break addictions

Matthew 17:20 – 21

**Ezra Fast**

Fasting to solve problems and seek protection

Ezra 8:21-23

**Samuel Fast**

Fasting to win people to Christ and to get God to pour Himself out on mankind

I Samuel 7:1 – 8

**Elijah Fast**

Fasting to breaks yokes

I King 19:2-18

**Widow’s Fast**

Fasting so the needs of others are met

I Kings 17:12

**Pauline Fast**

Fasting for wisdom and insight from God

Acts 9:19 – 20

**Daniel Fast**

Fasting for good health and obiedience to God’s word

Daniel 1:12 – 20

**John the Baptist Fast**

Fasting for a stronger testimony and influence

Matthew 3:4, Luke 1:15

**Esther Fast**

Fasting for protection from the evil one

Esther 4:16

**Communal Fast**

To only be done with consent of the spouse and during a fast.

1 Corinthians 7:3 – 6

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| **Option 1**  Daniel Fast for 40 Days  Liquids: Water and all 100% fruit juices.  Meats: NONE.  Fruits: All fruits, especially exotic ones.  Vegetables: All; fresh or cooked | **Option 2**  February 10 – February 27  Fast from 12:00 mid – 6:00 am  February 29 – March 12  Fast from 12:00 mid – 12:00 noon  March 14 – March 26  Fast from 12:00 mid to 6:00 pm | **Option 3**  Week 1: No Sweets  Week 2: No Fried Foods  Week 3: No Starches  Week 4: No Red Meat  Week 5: No Meat  Week 6: Total Fast from 6:00 am to 6:00 pm |