10 TYPES OF FASTS IN THE BIBLE

1. “A Three Day Fast”
   Esther 4:16
   Acts 9 – Saul / the Apostle Paul
   PURPOSE: To Seek God in a time of Crisis or Trouble!

2. “A Daniel Fast” 21 Day Duration
   Daniel 10:2-3
   Eat no “pleasant food” (no bread, pasta, meat, sugar); just vegetables, fruit and water
   PURPOSE: “To understand the vision; to get focus, clarity, strategy for life”

3. “A One Day Fast”
   Leviticus 23:27 and Jeremiah 36:6
   PURPOSE: “One day set aside each year for self examination and consecration”

4. “Fast Until Evening”
   Judges 20
   PURPOSE: “To never take on a major battle without fasting”
   For any new initiative, business, plan, or undertaking, even if you’ve been clearly led by God.

5. “The Humbling Fast” – (length and scope as the Lord leads you)
   1 Kings 21:27-29
   PURPOSE: To withhold God’s judgment on a loved one and to give them more time to experience His mercy.
   Humble yourself and intercede for someone “who knows better” but isn’t living it.

6. “Healing Fast”
   1 Samuel 30 amd Isaiah 58:6-9
   PURPOSE: To see miracles of healing

7. “40 Day Fast”
   PURPOSE: To seek God for greater sense of authority, where it has been lost, as in Jesus’ fast.

   Genesis 24:33 – the first time abstaining from food is mentioned in the Bible
   PURPOSE: To surrender to, and seek God’s will, for the person you will one day marry

9. “A Fast for the Journey”
   Ezra 8:21-23
   PURPOSE: To seek from the Lord direction for life, His blessings on our children, and His provision

10. “National Revival”
    Jonah 3:4-10, Nehemiah 1
    PURPOSE: To intercede for this nation