

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 and 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.*

8. "The Single Person's 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*