

FASTING INSTRUCTIONS

WHY DO WE FAST

1. We fast in obedience to God's Word.
2. We fast to humble ourselves before God and obtain His grace and power.
3. We fast to overcome temptations in areas that keep us from moving into God's power.
4. We fast to be purified from sin (and to help others become purified as well).
5. We fast to become weak before God so God's power can be strong.
6. We fast to obtain God's support in order to accomplish His will.
7. We fast in times of crisis.
8. We fast when seeking God's direction.
9. We fast for understanding and divine revelation.

METHODS OF FASTING

Choose one or more of the following:

1. **Complete Fast** - no food, only water
2. **Partial Fast** - fast half a day
3. **Determined Fast** - fasting one or two meals per day
4. **Substitute Fast** - exchange recreation time

WHAT DO I DO?

1. Begin each day with consecration to the Lord.
2. Write down your specific request.
3. During your regular meal times, and any other available time, pray, read the Bible and Worship the Lord.

SCRIPTURES

Daniel 9:3-4, Psalm 35:13, Matthew 4:1-11, Matthew 6:16-17,
Matthew 17:20-21