

FASTING

Richard Rolle, "If it is done quietly, it may help one to be more holy. If it is done for exhibition, it is a hindrance to holiness. Fast in private, avoid the praise of others. I would rather see someone fail because of too much love than because of too much fasting.

Ronnie Floyd, "Fasting is abstinence from food with a spiritual goal in mind. I believe fasting is powerful because you humble yourself before God. Fasting is powerful because you neglect the flesh and its natural desire of eating in order to appeal to God to do something supernatural in your life.

Elmer L. Towns, "Isa. 58. God says He has chosen a fast that ...

1. Loosens the bonds of wickedness
2. Undoes heavy burdens
3. Lets the oppressed go free
4. Breaks every yoke
5. Gives bread to the hungry and provides the poor with housing
6. Allows the people's light to break forth like the morning.
7. Causes their health to spring forth speedily
8. Causes their righteousness to go before them
9. Causes the glory of the Lord to be their reward (or "rear guard")

Christian fasting focuses on God. We fast and pray for results, but the results are in God's hands.

NINE FASTS GOD CAN USE

1. Disciple's fast - freeing ourselves and others from addictions to sin
2. Ezra fast - to solve problems getting the mind off of the Lord
3. Samuel fast - to free those from darkness and usher in revival and bring souls to a saving knowledge of Christ
4. Elijah fast - to conquer mental and emotional problems that would control our lives
5. Widows fast - to increase the desire to care for the poor
6. St. Paul's fast - bringing clearer perspective and insight as we make crucial decisions
7. Daniel fast - to gain a healthier life or for healing
8. John the Baptist fast - that our testimony and influence for Jesus will be enhanced before others
9. Esther fast - that "the glory of the Lord" will protect us from the evil one.

FOUR KINDS OF FASTING

1. Normal fast - no food for a definite period, but will drink liquids up to 40 days
2. Absolute fast - no food or water - should be a short fast
3. Partial fast - omits certain foods or meals
4. Rotational fast - eating or omitting certain foods for designated periods