

# Fasting

1. The subject of fasting is found throughout the Bible.

2. Fasting is a religious practice where you avoid eating.

3. There are different types of fasting

Regular fasting - abstaining from all food, except water

Partial fasting - giving up desirable food as in Daniel 10:3

4. Fasting can be a planned spiritual discipline where we schedule a fast, AND/OR when we are led by the Spirit.

5. We can fast for:

Ourselves, being all God wants us to be.

Our families, asking for peace, protection, and salvation in the home.

Our church

Our country and neighborhoods

6. Fasting is a means of obtaining spiritual power

7. The flesh always strives to be in control.

8. Join the Club

When I fast I get hungry  
(Join the club!)

When I fast I get an head-ache  
(Join the club!)

When I fast I get tired and weak  
(Join the club!)

When I fast, I feel like giving up  
(Join the club!)

Everyone feels this way, so welcome to the club!

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