



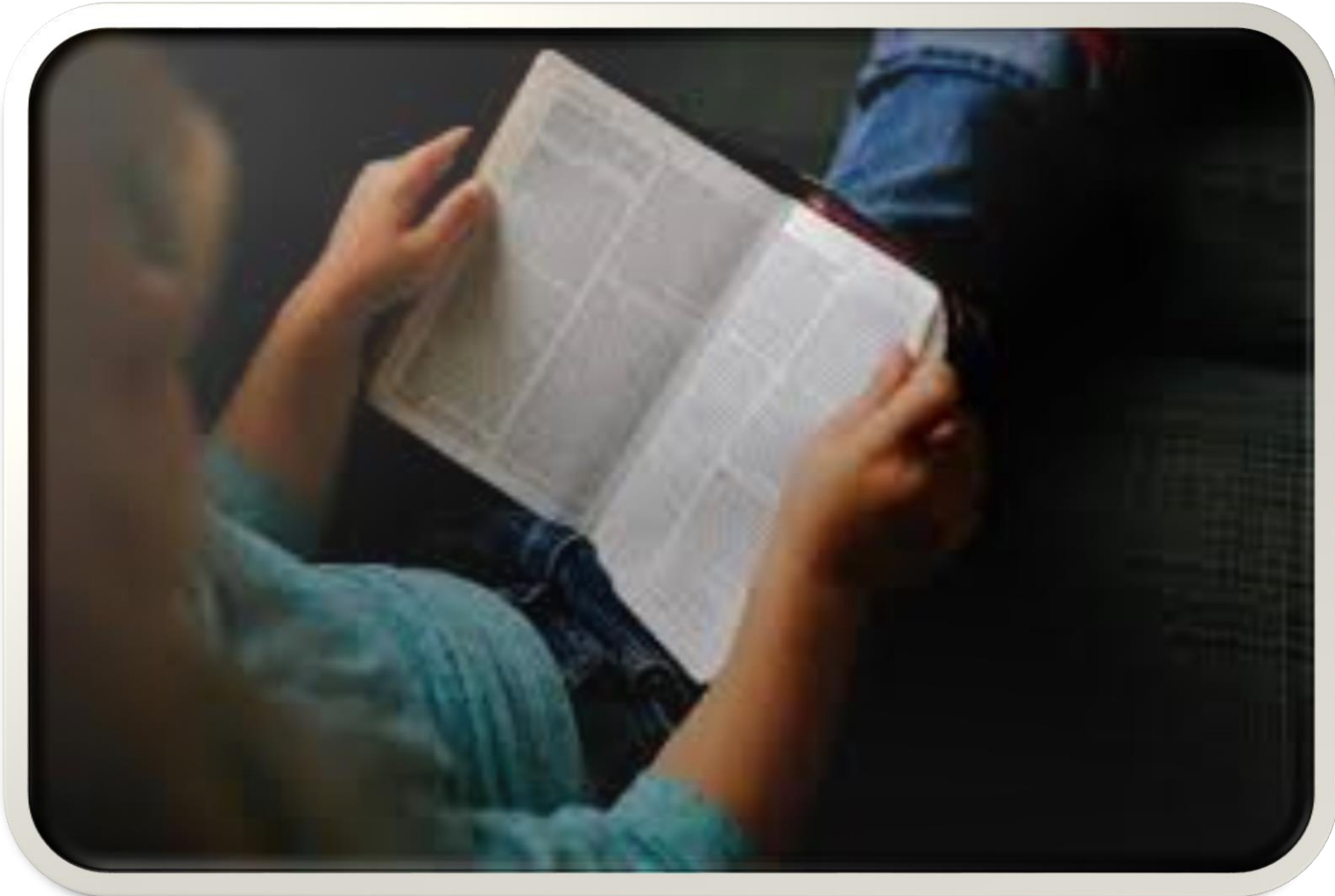
A Fast Message from God

ISAIAH 58:6-8

I. The Definition of Fasting

A voluntary withdrawing from food and/or drink, or other fleshly appetite, for a specified period of time.





Three Most Basic Types of Fasting Mentioned in the Bible

1. Normal Fast



A normal fast is no food, only liquids (like water, juice, etc.)

- 1-day fast (Judges 20:26)
- 3-day fast (Paul did this right after getting saved)
- 40-day fast (several examples in the Bible)

2. Partial Fast



Daniel chapter 1—Daniel and three Hebrew children did a partial fast, and at the end were stronger and healthier than those who did not fast.

3. Absolute Fast



Exodus 34: 27-28

“And the LORD said unto Moses, Write thou these words: for after the tenor of these words I have made a covenant with thee and with Israel.”

“And he was there with the LORD forty days and forty nights; he did neither eat bread, nor drink water. And he wrote upon the tables the words of the covenant, the ten commandments.”

When Moses received the 10 commandments from God, he engaged in a 40-day fast.

II. The Purpose of Fasting

A way to seek God by denying the physical in order to focus on the spiritual.





Prayer and fasting must always go together; otherwise it does you no good spiritually.

II. The Purpose of Fasting (continued)



II Chronicles 20:3-4 – And Jehoshaphat feared, and set himself to seek the LORD, and proclaimed a fast throughout all Judah. And Judah gathered themselves together, to ask help of the Lord: even out of all the cities of Judah they came to seek the Lord.

Ezra 8:23 – So we fasted and implored our God for this: and he was intreated for us.

Nehemiah 1:4 – And it came to pass, when I heard these words, that I sat down and wept, and mourned certain days, and fasted, and prayed before the God of heaven

God's Nine Main Purposes for Fasting

Isaiah 58



1. Fasting to gain freedom from addictions
vs. 6 "Loose the bonds of wickedness"
2. Fasting to solve problems
vs. 6 "Undo the straps of the yoke"

purpose

A graphic of the word "purpose" in a grey, lowercase, sans-serif font. The letter "o" is replaced by a red target with a black arrow hitting the center bullseye. The entire graphic is tilted diagonally upwards from left to right.

God's Nine Main Purposes for Fasting

Isaiah 58



3. Fasting for freedom and liberation where you are at
vs. 6 “let the oppressed go free”
4. Fasting to conquer mental and emotional problems
vs. 6 “break every yoke”



God's Nine Main Purposes for Fasting

Isaiah 58 (continued)



5. Fasting to meet the physical needs of others
v. 7 “is it not to share your bread”

6. Fasting for clearer insight in decision-making
v. 8 “light break forth”...it’s like God turns on
the lights and now you know what to do!



God's Nine Main Purposes for Fasting Isaiah 58 (continued)



7. Fasting for health reasons or healing
v. 8 “your healing shall spring up speedily”
8. Fasting for a more righteous life and a testimony to others
v. 8 “your righteousness shall go before you”
9. Fasting for the glory of the Lord, to protect us from the evil one
v. 8b “and the glory of the Lord shall be your rear guard”



So why the fast for KVC?

Corporate

1. A Home for KVC
2. Discipleship (becoming disciples and equipping and training)
3. A missional body/people living missionally everyday
4. A move of God in the marketplace
5. Authentic community
6. A move of the Holy Spirit
7. A hungering and thirsting for God's Word



So why the fast for KVC?

Individuals / Families

1. Healing
2. Finances
3. Job
4. Marriage
5. Children
6. Freedom in areas of bondage
7. God's direction