

## PARTICIPANT'S GUIDE COURSE FIFTEEN

# SPIRITUAL FASTING

## PART 2

### FASTING CHEAT SHEET

#### Fasting Cheat Sheet

We see from the scriptures that there were different fasts that were used for different reasons. The key to finding the one that is right for you is to do a search for all the references to fasting in the bible, read them, see if the stories line up with your situation and then do that fast.

#### Fasting - Hebrew word tsom means No Food

We know that fasting means no food. However, there are partial fasts and nutritional plans that you can follow that will be able to help you clearly hear from the Lord. Below are just some examples of different fasts and how they can be used for different purposes

#### Different Fasts and when to use them

##### Dry Fast

A dry fast is one that has no food and no water.

Scriptures: Exodus 34:28, Matthew 4:1-2, Esther 3:16

Purpose: Commissioning into ministry, receiving high level information for the body of Christ worldwide, deliverance from demonic spirits – murder, suicide, death

This should only be done under the guidance and direction of the Holy Spirit

Also suggest staying off social media, television, reading or watching the news for the duration of the fast.

##### Daniel Fast

This is not a biblical fast but a nutritional/diet plan that is whole foods plant based with vegetables, fruit and water only. If you are already a vegan you will need to do a little extra to make sure it is a sacrifice for you i.e doing raw vegan or only eating vegetables. Or eat one meal per day.

Scriptures: Daniel 1:3-17

Purpose: Clarity, wisdom, knowledge, understanding, revelation, activation of dreams and visions

Also suggest staying off social media, television, reading or watching the

	news for the duration of the fast
<b>Partial Fasts</b>	<p>These are good for beginners. If you are new to fasting and you want to start off slowly to see how you adapt you can cut out certain foods. i.e nothing fried or sweets for the duration of fast.</p> <p>Suggest staying off social media, reading the news or watching TV and eating only one meal per day</p> <p>Scripture: Daniel 10:1-3</p> <p>Purpose: New to fasting, good for long term fasting as it is easier to sustain.</p>
<b>Corporate Fasts</b>	<p>These are for more than one person. When you have more than one person fasting this activates the Power of Agreement with is very effective in fasting. <a href="#">Read more here</a></p> <p>Scripture: Esther 3:16, 1 Samuel 7:5-6, Ezra 8:21-23</p> <p>Purpose: Fasting with like-minded Christians. Everyone on this fast must be in agreement with the goals of the fast in order for this fast to be effective. Great for church, ministry, business advancement and direction</p>
<b>Duration</b>	<p>The fasts in the bible were primarily sunrise to sunset and then the people ate after that time. Scriptures: Judges 20:26</p> <p>Deliverance – 3 days - Scripture: Esther 3:16</p> <p>Grief and mourning – 7 Days - Scripture: 1 Samuel 31:13</p> <p>Fear and Protection 14 Days – Scripture: Acts 27:27-44</p> <p>Mission, Spiritual Promotions and Ministry Commissioning 40 Days</p> <p>Scripture: Elijah ate supernatural food for one day given by an angel which sustained him for 40 days to go to Mount Sinai 1 Kings 19:1-8. Also, Matthew 4:2-4</p>
<b>Join a Fast</b>	<p>We pray this was helpful to you and you are welcome to join our Daniel Fast which runs year round. We also have a corporate fast which we do in January each year. For more information visit <a href="#">7 Day Fast</a></p>