



The

Women Of Style

Women United For Kingdom Building
Ministry



Listed below are the different types of fasts and the different ways of fasting. Please use this information as a roadmap as you believe God for breakthroughs both in your life and in the life of the ministry. Remember to choose one or more of the nine fasts listed below. Look up the verses and be sure to name your fast as you pray and believe God.

FASTING DEFINED:

- Fasting is intentional abstinence from eating.
- Hebrew word for fast is tsum - It means —to cover over the mouth
- Greek word for fast is nesteuo - It means —to abstain from food
- Fasting is a conscious, intentional decision to abstain from the pleasure of eating for a time, in order to gain vital spiritual benefits

PURPOSE OF FASTING:

- Seeking God – Matthew 6:33
- Putting God First – Jeremiah 29:13
- Interceding for others – Luke 4:1-2, John 17:6-26

THE RESULTS OF FASTING:

- Hearing from God
- Power from God
- Breakthroughs in Difficult Situations
- Salvation and Deliverance
- Peace
- Physical Cleansing



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THE DIFFERENT TYPES OF FASTS

1. THE DISCIPLE'S FAST

Purpose – To - loose the bands of wickedness|| (Is 58:6) – freeing ourselves and others from addictions to sin. Key Verse: Mt 17:21

2. THE EZRA FAST

Purpose – To –undo the heavy burdens|| (Is 58:6) – to solve problems, inviting the Holy Spirit's aid in lifting loads and overcoming barriers that keep us and our loved ones from walking joyfully with the Lord. Key Verse: Ezra 8:23 Elmer L. Towns. Fasting for Spiritual Breakthrough. (Ventura: Gospel Light, 1996), 20-24.

3. THE SAMUEL FAST

Purpose – To let the oppressed (physically and spiritually) –go free|| (Is 58:6) – for revival and soul-winning, to identify with people everywhere enslaved literally or by sin and to pray to be used of God to bring people out of the kingdom of darkness and into God's marvelous light. Key Verse: I Sam 7:6

4. THE ELIJAH FAST

Purpose – –To break every yoke|| (Is 58:6) – conquering the mental and emotional problems that would control our lives, and returning the control to the Lord. Key Verses: I Kings 19:4, 8

5. THE WIDOW'S FAST

Purpose – –To share our bread with the hungry|| and to care for the poor (Is 58:7) – to meet the humanitarian needs of others. Key Verse: I Kings 17:16

6. THE SAINT PAUL FAST

Purpose – To allow God's –light to break forth like the morning|| (Is 58:8)— bringing clearer perspective and insight as we make crucial decisions. Key Verse: Acts 9:9



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7. THE DANIEL FAST

Purpose – So –thine health shall spring forth|| (Is 58:8, KJV)— to gain a healthier life or for healing. Key Verse: Dan 1:8

8. THE JOHN THE BAPTIST FAST

Purpose – That –your righteousness shall go before you|| (Is 58:8) – that our testimonies and influence for Jesus will be enhanced before others. Key Verse: Lk 1:15

9. THE ESTHER FAST

Purpose – That –the glory of the Lord|| will protect us from the evil one (Is 58:8). Key Verses: Est 4:16, 5:2

THE FOUR WAYS OF FASTING

1. The absolute fast allows no food or water at all, and should be short.
2. The normal fast is going without food for a definite period during which you ingest only liquids (water and/or juice).
3. The partial fast is one that omits certain foods or is on a schedule that includes limited eating.
4. A rotational fast consists of eating or omitting certain families of food for some time.