
Fast book outline – Final

Purpose

Chapter 1 - What is fasting and prayer?

Medical therapy fast vs. Biblical fast

Medical therapy fast

Medical therapy benefits of fasting

Biblical fast

Purpose of fasting and prayer

Questions about biblical fasting and praying

Can I benefit from fasting and prayer?

Can anyone fast?

Can toddlers and children fast safely?

What can I anticipate to happen during fasting and prayer?

Do I need to prepare in any way for fasting and prayer?

Are there any special considerations when breaking a fast?

Chapter 2 - Public fasting in the Old Testament

Public

1. Repentance and reconciliation (Leviticus 23:26-29)
2. National danger and possible tragedy – Jehoshaphat (2 Chronicles 20:3-11)
3. Protection for children and financial possessions - Ezra (Ezra 8:21-23)
4. Marriage with unbelievers – Nehemiah (Nehemiah 9:1-5)
5. Lukewarm People – Jeremiah (Jeremiah 36:4-10)
6. Succeed in all battles – Israel (Judges 20:25-29)
7. Ready for the outpouring of the Spirit - Prophet Joel (Joel 2:12-17)
8. Emotional Tragedy - David the house of Israel (2 Samuel 1:11-14)

Conclusion

Chapter 3 - Public fasting in the Old Testament with principles for spiritual breakthrough

Samuel - Freedom from the enemy of Israel (1 Samuel 7:5-6)

1. Recognize the danger (1 Samuel 7:2-5)
2. Respond to God's words (1 Samuel 7:6-7)
3. God's answer to Samuel (1 Samuel 7:10-15)

Esther and Jewish people - Favour with people in authority (Esther 4:16)

1. Recognize the danger (Esther 4:7-9)
2. Respond to God's words (Esther 3:3-5, 4:13-16)
3. God's answer to Esther (Esther 7:1-10)

Chapter 4 - Private fasting in the Old Testament

1. Nehemiah – Leadership (Nehemiah 1:4-11)
2. David
 - a. His enemies (Psalm 35:13-16)
 - b. Deliverance from the enemy (Psalm 64:1-7)
 - c. Confronted with the consequence of his sin (2 Samuel 12:15-23)

Chapter 5 - Preparation for a future task

Moses – Spiritual breakthrough

1. Experience negative feelings (Exodus 34:1)
2. Spend time alone with God (Exodus 34:2-4)
3. Submit to God (Exodus 34:5-9)
4. Obedience for spiritual renewal (Exodus 34:10-11)
5. Receive God's answer (Exodus 34:28-34)

Elijah – Break your negative feelings

1. Experience negative feelings (1 King 19:1-4)
2. Spend time alone with God (1 King 19:5-8)
3. Submit to God (1 King 19:9-10)

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4. Obedience for spiritual renewal (1 King 19:11-14)
 5. Receive God's answer (1 King 19:15-18)

Jesus – Dealing with temptation

1. Experience negative feelings (Matthew 4:1-2)
2. Spend time alone with God (Luke 4:1)
3. Submission to God (Matthew 4:4)
4. Obedience for spiritual renewal (Luke 4:12-13)
5. Receive God's answer

Conclusion

Chapter 6 - Get God's attention

Daniel's fast for one day (Daniel 9)

Principles used by Daniel in his fasting and prayer:

- 1. A specific purpose (verses 1-4)**
 - a. An authentic heart (*Daniel 9:3-4*)
- 2. A sincere repentance (verses 5-19)**
 - a. A powerful request (*Daniel 9:8-14*)
 - b. A personal concern (Daniel 9:15)
- 3. A petition (verses 16-19)**
 - a. Turn away your anger (Daniel 9:16)
 - b. Look with favor on us (Daniel 9:17)
 - c. Open your eyes (Daniel 9:18)
 - d. For your name (Daniel 9:19)

4. Gabriel's message (verses 20-27)

Daniel's mourned for three weeks (Daniel 10)

Principles used by Daniel in his mourning:

1. Revelation of a vision (Daniel 10:1-3)

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2. Select food

Chapter 7 - True fasting and prayer

Spiritual conditions that did not please God

1. Rebellion and sinfulness (Isaiah 58:1)
2. False appearance (Isaiah 58:2)
3. False repentance
4. Dishonor others and self-seeking (Isaiah 58:3)
5. Empty religious ritual (Isaiah 58:4)
6. Hypocrisy (Isaiah 58:5)

Spiritual conditions that pleases God

1. Stop oppressing others and reach out to help (Isaiah 58:6)
2. Love others (Isaiah 58:7)

Receive God's favour

1. Answers to prayer (Isaiah 58:8-9)
2. Accomplish things for God's kingdom (Isaiah 58:10-12)

Chapter 8 - Jesus' followers

1. Rewards from God – Jesus' disciples (Matthew 6:16-18)
2. Devotion to God – Anna (Luke 2:36-38)
3. Authority in spiritual warfare – A possess boy (Mark 9:14-29)
4. Revelation from God – Cornelius (Acts 10:30-33)
5. Ordination of Ministers – Barnabas and Saul (Paul) (Act 13:1-3)

Chapter 9 - Basic principles of fasting and prayer

- 1. Set our objective**
 - a. Positive faith
 - b. Seek God diligently
- 2. Confidence**
- 3. Consistency**

4. Be specific

5. Make your commitment

- a. How long we will fast and pray.
 - Single Day: evening to evening (24 hours).
 - Partial Day: morning to evening (12 hours).
 - Prolonged Days: three, seven, and forty.

b. Private or public

6. Spiritual preparation

- a. Be in his presence
- b. Confess
- c. Seek Forgiveness

7. Ask God to fill us with his Holy Spirit

8. Submission

9. Meditation

10. Expectant heart

11. Do not neglect spiritual opposition

12. Physical preparation

- a. Do not rush into fasting and prayer.
- b. Prepare our body
- c. Eat meals of raw fruit

13. Time to fast

Here are some helpful suggestions to consider:

- a. Avoid drugs if you can.
- b. Restrict our activity
- c. Exercise only moderately
- d. Relax
- e. Prepare ourselves for momentary emotional reactions
- f. Expect some physical trouble.

Put yourselves on a program

First option - One day fast

Morning

- a. Begin our day in praise and worship.
- b. Read and meditate on God's word.
- c. Invite the Holy Spirit to work.
- d. Invite God to use us.

Noon

- a. Return to prayer and God's word.
- b. Take a short prayer walk.
- c. Spend time in prayer with respect to the purpose of our fast.

Evening

- a. Be alone for an unhurried time of seeking his face.
- b. Avoid television or any distraction

Second option - One day fast

Fasting with the tabernacle of Moses

Spiritual preparation- Time for listening prayer.

1. Time to praise Him – At the Gate

2. Time to confess and repent –In the Court –

The Bronze Altar - Remission of sins, curses and sickness-Christ as our savior.

The Laver of Brass - Spiritual cleansing - Christ our sanctification

3. Time to honor Him – The Holy Place

- a. The golden lampstand represents Christ as our enlightener - the work of the Holy Spirit.
- b. The table of showbread represents Christ as our material and spiritual sustenance (God's Word).
- c. The altar of incense represents Christ as our intercessor - a continual praise.

4. Time to intercede or declare – The Holy of Holies

The Mercy Seat – God's Presence. Christ as our sovereign.

Ending / Breaking our Fast

- ❖ **First day:** add a raw salad.
- ❖ **Second day:** add baked or boiled potato, no butter or seasoning.
- ❖ **Third day:** add a steamed vegetable.

❖ **Subsequent days:** begin to reintroduce our normal diet.

Appendix A - Spirits named in the Bible

Appendix B - Time for fasting and fraying

Appendix C - Lengths of fasts in the Bible

Appendix D - Scriptural prayer Positions