



# TYPES OF FASTING

Week Three

## NORMAL

Luke, chapter 4, is a great example of a normal fast, which is abstaining from all food, but not from water. Jesus has just been baptized in the Jordan, filled with the Holy Spirit, and led into the desert where he was tempted by the devil for 40 days.

The passage tells us Jesus ate nothing during these 40 days, and the devil's first provocation was to appeal to his hunger by goading him to turn stone into bread if he truly was the Son of GOD.

Jesus' remarkable response? "Man does not live on bread alone."

He was proclaiming what GOD had declared to the people of Israel in Deuteronomy 8:2-3: "Remember how the Lord your GOD led you all the way in the desert these forty years to humble you and to test you in order to know what was in your heart, whether or not you would keep his commands. He humbled you, causing you to hunger, and then feeding you manna, which neither you nor your fathers had known, to teach you that man does not live on bread alone but on every word that comes from the mouth of the Lord."

## PARTIAL

The second type of fast – a partial fast – is seen in the book of Daniel where he elected to restrict his diet and not defile himself with the rich, royal food and wine from the king's table. In chapter 1, Daniel is among some of the choice young men of Israel taken captive to Babylon to be trained for 3 years in service to King Nebuchadnezzar.

Daniel finds favor with the chief officer when he makes his appeal to only be served vegetables and water. At the end of 10 days, the scriptures tell us Daniel and his 3 friends looked healthier and better nourished than any of the other men who ate the royal food. As a result, the chief officer allowed Daniel and friends to continue their partial fast and not defile themselves before their GOD. And GOD's favor gave them increased wisdom and understanding.

## ABSOLUTE

An absolute fast from both food and water – is described in the book of Esther. Esther, a Jew, had been brought into the king's house as part of his harem. And she found great favor with the king. Her uncle Mordecai learns of a horrible plot to destroy all the Jews, not knowing that was the heritage of Queen Esther.

Mordecai persuades Esther that she's the only one who can change the king's mind. But coming to the king unrequested would put her life at risk, so she calls for a fast among her people. In chapter 4:6 she instructs Mordecai to "Go, gather together all the Jews who are in Susa, and fast for me. Do not eat or drink for three days, night or day. I and my maids will fast as you do. When this time is done, I will go to the king, even though it is against the law. And if I perish, I perish."

GOD allowed Esther to find favor with the king. The plot was revealed, and disaster for the Jews was averted.

Each of these examples of fasting resulted in an anointed release. So, let's look at the first 4 of 9 reasons to fast that move the heart and hand of GOD to release blessing and anointing. Next week we'll discuss the rest.

