

“Breakthrough Types Of Fasting”

Biblically Fasting Series

Message 05

Pastor Chuck Seielstad

Sunday, November 17, 2024

Matthew 6:16-18

1. Making The **Decision** To Fast And Pray.

Matthew 6:16-18

2. **Types** Of Fasting.

- a. The **Partial** Fast.

- b. The **Normal** Fast

- c. The **Absolute** Fast.

- d. The **Periodic** Or **Rotational** Fast.

- e. **Intermittent** Fasting.

- (1) Warrior fasting

- (2) Eat Stop Eat

- (3) 16:8 Fasting

3. **Duration** Of Fasts **Found** In The **Bible**.

- a. **Part** of a Day.
Daniel 6:18

- b. **One** Day.
Leviticus 23:27; 1 Samuel 7:6; 1 Samuel 14:24; Jeremiah 36:6; Nehemiah 9:1
- c. **Three** Days.
1 Samuel 30:12; Matthew 15:32; Mark 8:2-3; Acts 9:9
- d. **Seven** Days.
1 Samuel 31:11-13; 1 Chronicles 10:11-12; 2 Samuel 12:15-18;
2 Samuel 12:21-23
- e. **Fourteen** Days.
Exodus 34:28; Deuteronomy 9:9; Deuteronomy 9:18; 1 Kings 19:8;
Matthew 4:1-2; Luke 4:1-2

4. **Encouraging Memorable Examples** Of Fasting And Prayer

- a. The **Widow Anna**.

Luke. 2:37

- b. The **Roman Centurion Cornelius** In Caesarea.

Acts 10:30-31; Acts 10:44-45; Acts 13.

5. **Deciding** To Fast.

When we fast:

- (1) We are humbling ourselves.
- (2) We'll see life's priorities more clearly.
- (3) We'll see balance return to areas of our life where there is an imbalance.
- (4) Our selfish ambition and pride will begin to be washed away.
- (5) We'll become more sensitive to God's Spirit, and we can open ourselves up to allowing the Holy Spirit to operate within our life.
- (6) Hidden areas of weakness or susceptibility will rise to the surface so that God can deal with them.