

# FOCUS

WOMEN'S LEADERSHIP CONFERENCE

FOR ALL RESOURCES AVAILABLE  
AT THIS CONFERENCE VISIT:

SBCV.ORG/FOCUS



## THE POWER OF FASTING TWANII SMALL

TEACHING  
NOTES

*EXPERIENCE GOD THROUGH FASTING: FOCUSING ON THE PURPOSE,  
THE TYPES, AND THE POWER OF FASTING.*

*So we fasted and pleaded with our God about this, and He granted our request. (Ezra 8:23)*

### INTRODUCTION

What is fasting?

- » Fasting is a biblical way to truly humble oneself in the sight of God. The same way we have to feed and nourish our physical body in order to grow, we must do the same with our spiritual body, for our spiritual growth.
- » Both the Old Testament and New Testament teach the value of fasting. Through many examples of people in the Bible who fasted, we can know that God grants supernatural revelation and wisdom through fasting. During our time together we will discuss:

### PURPOSE OF FASTING

1. Biblical doctrine
2. Focus on prayer and seeking God's will.
3. Abstaining from food
4. Fasting helps you to truly humble the soul before God.
5. Enables the Holy Spirit to reveal your true spiritual condition.
6. Fasting leads to repentance and a transformed life.

### TYPES OF FASTING AND PEOPLE WHO FASTED IN THE BIBLE:

1. **David:** Showing remorse and invoking God's forgivingness (2 Samuel 12:16).
2. **Ezra:** Humbling ourselves before God and praying for wise guidance (Ezra 8:21 & Isaiah 58:3-4).
3. **Disciples:** Unbelief (Mathew 17: 14-21).
4. **Daniel:** 21 Day Fast—Praying for what we need (Daniel 10: 3-13).
5. **Esther:** 3 Days Fast—Deliverance and Direction from God (Esther 4:13-16).
6. **Jesus:** 40 days—Overcoming temptations (Mathew 4:1-14).
7. **Paul:** 3 days—Spiritual transformation (Act 9:9, 17).

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### POWER IN FASTING:

- » Fasting will bring deliverance.
- » The will of God will be revealed.
- » Unbelief removed from our mind.
- » Obtain power over circumstances.
- » It will bring deliverance from trouble, woories, needs, and spiritual conflict.
- » Cleansing of your soul.
- » Transform your prayer life into a richer and more personal experience.
- » Renewed Faith.

### 4 THINGS TO DO WHILE FASTING

1. Confession of sin
2. Devotional and worship time (spending time with God)
3. Praying constantly & being consistent
4. Start a journal

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## GUIDELINES FOR FASTING

### 1. SET YOUR OBJECTIVE

#### » Why are you fasting?

- » Healing
- » Grace to handle a difficult situation
- » Spiritual strength
- » Intervention
- » Etc.

#### » Ask the Holy Spirit for guidance.

- » Through fasting and prayer we humble ourselves before God so the Holy Spirit will stir our souls, awaken our churches, and heal our land according to 2 Chronicles 7:14.
- » Consider making this a priority in your fasting.

### 2. MAKE YOUR COMMITMENT

- » Pray about what type of fast you should do.
  - » Jesus implied that all of His followers should fast. (Matthew 6:16-18; 9:14, 5).  
For Him it was a matter of when believers would fast, not if they would fast.
- » Decide on how long ( One Meal, 1 Day, 1 Week, etc).
  - » For beginners start slow before building your way up.
  - » If you cannot abstain from food try abstaining from television, cell phone, social media, secular music, etc.
- » Set aside time to devote to pray and reading Gods Word.

### 3. PREPARE YOURSELF SPIRITUALLY

- » Confess every sin the Holy Spirit calls to remembrance and ask God's forgiveness (1 John 1:9).
- » Make restitution as the Holy Spirit leads you.
- » Surrender your life fully to Jesus Christ; refuse to obey your worldly nature (Romans 12:1,2).
- » Meditate on God's attributes (Psalm 48:9,10; 103:1-8, 11-13).
- » Begin your time of fasting with prayer and an expectant heart (Hebrews 11:6).

### 4. PREPARE YOURSELF PHYSICALLY

- » Make sure you can medically do a fast abstaining from food. Check with a medical professional first.
- » Do not rush into the fast.
- » Prepare your body. Eat smaller meals before starting a fast.



## TYPES OF FASTING

### DIFFERENT TYPES OF FASTS IN THE BIBLE

» **The Disciples' Fast:** (Matthew 17:21)

*He said to them, "This kind can come out by nothing but prayer and fasting".*

In order to function as a servant and representative of the Lord, it must be taken very seriously and will depend upon faith in the Lord to do whatever is His will to do. This kind of power to be a true servant of the Lord is dependent on prayer and fasting. PRAYER shows our dependence on the Lord. FASTING shows our denial of self in order to be God's servant.

» **The Ezra Fast:** (Ezra 8:21-23)

For God's help in solving problems and for protection from Satan. Ezra said that they prayed and fasted and God answered their request.

» **The Samuel Fast:** (1 Samuel 7:6)

For revival. The people were bound by idol worship and needed deliverance. Samuel called them to seek God and to bring the Ark back to Jerusalem. If we fast and pray for revival, God will pour Himself out on His people.

» **The Elijah Fast:** (1 Kings 19:4-8)

Mental freedom from emotional problems or habits. Through fasting, God will show us how to overcome emotional problems and destructive habits.

» **The Widow's Fast:** (1 Kings 17:9-16)

Fasting to provide for the needy. The widow went without food to meet the physical needs of someone else. Because she sacrificed her food, God made sure that she had more than enough food.

» **Paul Fast:** (Acts 9:9)

For physical healing and to get direction from God. If we fast and submit our will to God, He will reveal His will to us.

» **The John the Baptist Fast:** (Luke 1:15)

To enhance our walk with God and witness. If we fast for the influence of our testimonies to reach others for Christ, God will use us.

» **The Esther Fast:** (Esther 4:16, 5:2)

For protection from the evil one. If we fast for protection, God will deliver us from evil.

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» **The Jesus Fast:** (Matthew 4:1-2)

For spiritual power and victory over temptation, the flesh and the devil

» **The Daniel Fast:** (Daniel 1: 5-21; 10:3)

Fasting for health and to seek God's favor, purpose and vision for life.

### WAYS TO FAST

» **Normal Fast**

No food, water only. Traditionally, a regular fast means refraining from eating all food. Most people still drink water or juice during a regular fast. When Jesus fasted in the desert, the Bible says, "After fasting forty days and forty nights, he was hungry." This verse does not mention Jesus being thirsty.

» **Absolute Fast**

Absolutely no food or water. Acts 9:9 describes when Paul went on a full fast for three days following his encounter with Jesus on the road to Damascus:

*For three days he was blind, and did not eat or drink anything.*

Esther also called for this type of fast in Esther 4:15-16:

*Then Esther sent this reply to Mordecai: "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 is done, I will go to the king, even though it is against the law. And if I perish, I perish."*

It is recommended that this type of fast be done with extreme caution and not for extended periods of time. **(Caution: Should not be undertaken over 3 days and only then if you have a clear directive from the Lord and are in good health)**

» **Partial Fast**

This could mean fasting certain meals of the day or abstaining from certain kinds of foods (i.e.: No meat or sweets, soup only, fruit and vegetables only, etc.)

*At that time I, Daniel, mourned for three weeks. I ate no choice food; no meat or wine touched my lips; and I used no lotions at all until the three weeks were over. (Daniel 10:2-3)*

In Daniel 1:12, they restricted their diet to vegetables and water.

» **Juice Fast**

Fruit and vegetable juices only.

» **Corporate Fast**

A church or group of people who feel God has called them to fast together for a certain period of time.

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» **Fasting and Abstinence**

Although the word “fast” is used as abstaining from food in the Bible and does not refer to giving up other things, during a fast one can practice abstinence from other pleasures as well, such as entertainment, TV, hobbies and sex, as spoken about in 1 Corinthians 7:1-5.

**REMEMBER, FASTING SHOULD BE COMBINED WITH PRAYER. GOD CALLED US TO FAST AND PRAY. THE COMBINATION OF PRAYER AND FASTING IS A POWERFUL WAY TO FOCUS ON SEEKING GOD FOR BREAKTHROUGHS AND ANSWERS TO PRAYER.**

**CAUTION: SEEK MEDICAL ADVICE PRIOR TO STARTING ANY FAST!**

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## DAILY SCRIPTURE TO READ WHILE FASTING

### WEEK 1

- DAY 1: Daniel 10
- DAY 2: 1 Chronicles 21:18-27
- DAY 3: Daniel 1
- DAY 4: Psalm 119
- DAY 5: Matthew 6:5-18
- DAY 6: Isaiah 58
- DAY 7: Matthew 6:21-32

### WEEK 2

- DAY 8: Psalm 100
- DAY 9: Romans 12
- DAY 10: Luke 4
- DAY 11: 1 Corinthians 10:13
- DAY 12: Galatians 5:16
- DAY 13: 1 Peter 2
- DAY 14: Matthew 5:1-14

### WEEK 3

- DAY 15: Psalm 51
- DAY 16: Hebrews 2:18
- DAY 17: Ephesians 6:10
- DAY 18: Acts 14:23
- DAY 19: Esther 4
- DAY 20: Nehemiah 1:4
- DAY 21: 1 Peter 5:6-7

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## RESOURCES

***Fasting for Spiritual Breakthrough: A Practical Guide to Nine Biblical Fasts***, Elmer Towns

***Fasting for Financial Breakthrough: A Guide to Uncovering God's Perfect Plan for Your Finances***,  
Elmer Towns

***The Daniel Fast for Spiritual Breakthrough***, Elmer Towns

***A Woman's Guide to Fasting***, Lisa E. Nelson

***Key Principles of Biblical Fasting: A 6-Week, No-Homework Bible Study (40-Minute Bible Studies)***,  
Kay Arthur and Pete DeLacy

***The Beginner's Guide to Fasting***, Elmer Towns

***Tony Evans Speaks Out on Fasting***, Tony Evans

***A Wife's 40-Day Fasting and Prayer Journal: A Guide to Strategic Prayer***, Kaylene Yoder

***The Ultimate Guide to the Daniel Fast***, Kriesten Feola