



## Introduction

### Prologue

Occasional fasting is an important discipline, but it should rather be initiated and guided by the HOLY SPIRIT, and not because someone asked us to do so, or because we desire something and want to force THEOS' favor upon ourselves.

What should be a simple principle, has unfortunately been distorted by many man-made traditions. In a similar way the Pharisees added long lists of 'Dos' and 'Donts' and entered through Works of the Law into the realm of superficial religiosity, so we quickly find ourselves in problematic territory, when we indiscriminately incorporate a long list of foodstuffs copied from the Internet into our fast, and thus define our own way to holiness.

The modern Daniel fast, which is most prominently found in the Internet today, is for example not part of the Bible. The true biblical Daniel-10-fast simply excludes special bread, meat, wine and ointments. The vast majority of biblical fasts also lasted only 0.5 to 3 days, and we do not become holier by fasting 20, 30 or even 40 days. Nevertheless, many churches emphasize the duration and often provide only a generic, but not a concrete and tangible purpose for a corporate fast. Intention and heart should take precedence over duration. Focus – and don't fast simply for the sake of it.

### Index

Page 1

#### Intro

Prologue

Index

Page 2

#### How to Fast

Fasting

- The principle motivation to fast.
- How and when to fast – and how not.
- Spiritual warfare.
- Results of fasting.
- Total Fast – from all food and all water.
- Natural Fast – from all food.
- Partial Fast – from certain kind of food or from all food for a certain time of a day.
- 'Fasting' from Media – from television, games, computer or other worldly habits.
- 'Fasting' from Sex.

Types of Fasting

Other Forms of 'Fasting'

Page 3

#### Inspiration

Popular Fasts Today

- Daniel 1 Fast.
- Daniel 10 Fast.
- Esther Fast.
- Samuel Fast.
- Traditional Fast.

Examples of Fasting

- Related to a calling.
- Related to commemoration.
- Related to intercession.
- Related to mourning / weeping.
- Related to repentance.
- Related to the seeking for protection.

Page 4

#### History

Supernatural Fasts  
(not prescriptive)

- Fast of Elijah (Partial Fast)
- Fast of IESOUS CHRISTOS (Total Fast)
- Fast of Moses (Total Fast)



## Comments

## Scripture

## Fasting

Fasting principally means the abstinence from food and in extreme cases and for a very limited time even from water. Fasting is for specific times and needs, and is usually accompanied by a time of increased prayer, outmost humility and repentance.

The principle motivation to fast.

We ought not to use sackcloth and ashes anymore, but ought to humble ourselves and literally to bow down, while praying for specific purposes the HOLY SPIRIT motivates us to pray for.

*... if my people who are called by my name will humble themselves and will pray and will seek My face and will turn from their evil ways, then I Myself shall hear from the Heavens and will forgive their sins and heal their land.*

2Chr 7:14

On those days, we must give our food to the poor and provide clothing for them.

*Is such the fast that I choose, a day for a person to humble himself? Is it to bow down his head like a reed, and to spread sackcloth and ashes under him? Will you call this a fast, and a day acceptable to KYRIOS? "Is not this the fast that I choose: to loose the bonds of wickedness, to undo the straps of the yoke, to let the oppressed go free, and to break every yoke?*

Isa 58:6

When to fast - and when not.

*Is it not to break your bread for the hungry? You must bring home the poor, the homeless. When you see the naked, you must cover him ...*

Isa 58:7

How to fast.

Glorify THEOS and fast with all your heart.

*"And even now," declares KYRIOS, "return to me with all your heart, with fasting, and weeping, and wailing." Rend your hearts and not your garments, and return to KYRIOS your THEOS, because He is gracious and compassionate ...*

Joe 2:12-13

*And whenever you may fast, be not found grim-faced as the hypocrites. For they are disguising their faces so that they might appear as fasting to men. Truly I say to you: They are receiving in full their reward.*

Mat 6:16

How not to fast.

Do not have impious or selfish interests. Make sure that your intentions are in accordance with the HOLY SPIRIT.

*'Why do we fast, and you do not see it? [...] Look! You find delight on the day of your fast [...] You fast to quarrel and strife [...] You shall not fast as you do today, to make your voice heard on the height.*

Isa 58:3-4

Do not show anyone that you are fasting.

*"Say to all your people [...] when you fasted and mourned in the summer and in early autumn, was it really for me that you were fasting? ...*

Zec 7:5-6

Do not fast to imitate others (except if THEOS has called a church or a group to fast).

*When you are fasting, anoint your head and wash your face, so that you might not appear to men as fasting, but to your FATHER, the One in secret. And your FATHER, the One perceiving in secret, will reward you.*

Mat 6:17-18

*The Pharisee stood and prayed these things with reference to himself [...] I fast twice a week; I give ...*

Luk 18:11-13

Spiritual warfare.

*He gives power to the weary, and he increases power for the powerless. Even young people will be faint and grow weary, and the young will stumble, exhausted. But those who wait for KYRIOS shall renew their strength. They shall go up with wings like eagles; they shall run and not grow weary; they shall walk and not be faint.*

Isa 40:29-31

*... our struggle is not against blood and flesh, but against the rulers, against the authorities, against the world rulers of this darkness, against the spiritual forces of wickedness in the heavenly places.*

Eph 6:12

Results of fasting.

*Then your light shall break forth like the dawn, and your healing shall grow quickly. And your salvation shall go before you [...] Then you shall call, and KYRIOS Himself will answer. [...] your light shall rise in the darkness, and your darkness will be like noon. And KYRIOS will lead you continually, and satisfy your soul in a barren land, and He will strengthen your bones, and you shall be like a well-watered garden, and like a spring of water ...*

Isa 58:3-11

*Who knows? THEOS may relent and change His mind and turn from His blazing anger so that we will not perish." And THEOS saw their deeds - that they turned from their evil ways - and THEOS changed His mind about the evil that He had said he would bring upon them, and He did not do it.*

Jon 3:9-10

*... while they were serving KYRIOS and fasting, the HOLY SPIRIT said, "Set apart now for me Barnabas and Saul for the work to which I have called them."*

Act 13:2-3

The acceptable fast is the one THEOS chooses and prompts us through the HOLY SPIRIT.

**Types of Fasting**  
(Excluding Supernatural Fasts; see below)

<b>Total Fast</b> · from all food and all water, in times of great spiritual crisis.	3 days	<i>He did not eat food nor drink water because he was mourning ...</i>	Ezr 10:6-8
	3 days	<i>... fast for me; do not eat or drink for three days, both night and day. ...</i>	Est 4:16
	3 days (not 40!)	<i>... "No human being or animal, no herd or flock, shall taste anything! They must not eat, and they must not drink water! ...</i>	Ion 3:4-8
<b>Natural Fast</b> · from all food.	na	<i>... he lay on his bed, turned away his face, and would not eat any food.</i>	1Kin 21:4
	-	<i>My knees buckle from fasting, and my body grows lean without fat.</i>	Psa 109:24
<b>Partial Fast</b> · from certain kind of food or from all food for a certain time of a day.	1 night	<i>... and spent the night in fasting, and no food was brought in before him ...</i>	Dan 6:18
	0.5 days	<i>... they sat there before KYRIOS and fasted on that day until evening ...</i>	Idg 20:26
	0.5 days	<i>... They fasted on that day and said there, "We have sinned against KYRIOS!"</i>	1Sam 7:6
	0.5 days	<i>... and fasted over Saul and Jonathan his son until the evening ...</i>	2Sam 1:12
	0.5 days	<i>... and David fasted. He went to spend the night and lay upon the ground.</i>	2Sam 12:16
	21 days	<i>... not eaten any pleasant bread and meat and wine did not enter my mouth ...</i>	Dan 10:2-3
	several years	<i>And this John had his apparel of camel's hair, and a girdle of leather around his waist. And his food was locusts and wild honey.</i>	Mat 3:4
Fasting from Media · from television, games, computer or other habits.	-	-	-
Fasting from Sex.	-	<i>Do not deprive one another, except for harmony's sake for a time, that you should relax in the fasting and prayer, and again at the same time you should come together, that satan should not test you because of your intemperance.</i>	1Cor 7:5



## Popular Fasts Today

Comments	Scripture
The HOLY SPIRIT should inspire us to do a certain fast and will provide us the precise timing and specific restrictions. If we chose a fast for ourselves, we need to test any Bible-based fast found on the Internet or in a book, against the Bible itself.	
<b>Daniel 1 Fast</b> Partial Fast · pulses (seeds of legumes, not vegetables!) and water. This was only the 'daily provision' of the king and did not necessarily cover Daniel's entire eating plan.	permanent (initially 10 days) <i>... the king assigned to them his <b>daily portion</b> from the <b>fine food</b> [other translations "table" / "meat"] of the king, and from the wine that he drank [...] Now Daniel resolved that he would not defile himself with the <b>fine food</b> of the king, and with the <b>wine</b> that he drank ...</i> <i>"Please test your servants for ten days, and let them give us some of the <b>vegetables</b> [insufficient translation; the correct word translated in other versions is "<b>pulse</b>", meaning the <b>seed of legumes!</b>], and let us eat and let us <b>drink water</b>. [...] And at the end of ten days their appearances appeared better [...] So the guard <b>continued</b> to withhold their <b>fine food</b> and the <b>wine</b> ...</i>
<b>Daniel 10 Fast</b> Partial Fast · excluding special bread, meat, wine and ointments	21 days <i>In those days, I, Daniel, I myself was in mourning for three whole weeks. I had not eaten any <b>pleasant bread</b> [Hebrew <b>מְנִיחָה</b> margin, "bread of desires"; insufficient translations " ~delicacies" / " ~choice food"; probably equivalent to pastries or a special hot bread, but not excluding ordinary bread as often concluded or differentiating between certain grains / leavened / unleavened bread - do not add to the Bible!] and <b>meat</b> [other translations "flesh"; may also include fish and seafood in a wider definition of "meat", but certainly not animal by-products as often wrongly added to the Bible] and <b>wine</b> [most probably included any alcohol] did not enter my mouth, and I did not use any <b>ointment</b> [=unguents] until the end of three whole weeks.</i>
<b>Esther Fast</b> Total Fast · excluding all food and water	3 days (danger to life, not recommended !!) <i>Go and assemble the Jews that are in Susa, and <b>fast</b> you for me, and <b>eat not and drink not</b> for three days, night and day: and I also and my maidens will fast; and then I will go in to the king contrary to the law, even if I must die.</i>
<b>Samuel Fast</b> Total (/Natural) Fast · excluding all food and probably water (they 'wasted' the water intentionally)	1 day <i>So they gathered to Mizpah and <b>drew water and poured it out</b> before KYRIOS. They <b>fasted</b> on that day and said there, "We have sinned against KYRIOS!" So Samuel judged the Israelites at Mizpah.</i>
<b>Traditional Fast (recommended)</b> Natural Fast · excluding all food but not water	0.5 -3 days <i>see above</i>

## Examples of Fasting

· Related to a calling.	na	<i>... after they had fasted and prayed and placed their hands on them, they sent them [Barnabas and Saul] away.</i>	Act 13:2-3
	na	<i>And when they had appointed elders for them in every church, <b>after praying with fasting</b>, they entrusted them to KYRIOS, in whom they had believed.</i>	Act 14:23
· Related to commemoration.	1 day	<i>"Thus says KYRIOS of hosts: 'The fast of the fourth month, the fifth month, the seventh month, and the tenth month will be for the house of Judah jubilation and joy and merry festivals; therefore love truth and peace.'</i> ...	Zec 8:19
· Related to holiness / honoring Old Covenant food laws / Jewish diet.	permanent (initially 10 days)	<i>Now Daniel resolved that he would not defile himself with the <b>fine food</b> of the king, and with the <b>wine</b> that he drank ...</i>	Dan 1:8-16
· Related to intercession.	na	<i>But as for me, when they were sick [Daniel's friends/enemies], my clothing was sackcloth. I <b>weakened my soul with fasting</b>, and my prayer returned to me unanswered. I behaved as though he were a friend or as a brother to me. As one lamenting a mother, I was bowed down in mourning.</i>	Psa 35:13-14
	1 night	<i>Then the king went to his palace and <b>spent the night in fasting</b> [for Daniel's protection], and <b>no food</b> was brought in before him and his sleep fled from him.</i>	Dan 6:18
· Related to mourning / weeping.	0.5 days	<i>And all the Israelites and all the troops went up and came to Bethel and <b>wept</b>; and they sat there before KYRIOS and <b>fasted on that day until evening</b>; and they offered burnt offerings and fellowship offerings before KYRIOS.</i>	Jdg 20:26
	7 days	<i>Then they took their [of Saul and his sons] bones and buried them under the tamarisk in Jabesh, and they <b>fasted for seven days</b>.</i>	1Sam 31:13 1Chr 10:12
	0.5 days	<i>Then they mourned and wept and <b>fasted</b> over Saul and Jonathan his son <b>until the evening</b>, as well as over the people of KYRIOS and over the house of Israel because they had fallen by the sword.</i>	2Sam 1:12
	3 days	<i>Ezra rose from before the house of THEOS and went to the chamber of Jehohanan son of Eliashib. He <b>did not eat food nor drink water</b> because he was mourning over the sin of the exiles ...</i>	Ezr 10:6-8
	21 days	<i>... was in <b>mourning</b> for three whole weeks. I had not eaten any pleasant bread, and meat and wine did not enter my mouth, and I did not use any ointment ...</i>	Dan 10:2-3
· Related to repentance.	1 day	<i>... They <b>fasted on that day</b> and said there, "We have sinned against KYRIOS!"</i>	1Sam 7:6
	3 days (not <sup>40</sup> )	<i>And Jonah ... cried out and said, "Forty more days and Nineveh will be demolished!" [...] they proclaimed a fast and put on sackcloth [...] "No human being or animal, no herd or flock, shall taste anything! They must not eat, and they must not drink water! [...] And they must call forcefully to THEOS, and each must turn from his evil way and from the violence that is in his hands.</i>	Jon 3:4-8
	several days	<i>When I [Nehemiah] heard these words, I <b>sat and wept and mourned</b> for days, and I was <b>fasting and praying</b> before the THEOS of the heavens.</i>	Neh 1:4
	1 day	<i>On the twenty-fourth day of this month the Israelites gathered in <b>fasting</b>, in <b>sackcloths</b> [coarse goat or camel hair, uncomfortable to wear], and with <b>soil</b> [dirt symbolized an identification with the dead] on them.</i>	Neh 9:1
	na	<i>Then I turned my face to KYRIOS the THEOS to seek Him by prayer and <b>pleas for mercy</b>, in <b>fasting</b> and in <b>sackcloth</b> and <b>ashes</b>.</i>	Dan 9:3
· Seeking for protection.	na	<i>I [Ezra] proclaimed a fast there at the river Ahava to <b>humble ourselves before our THEOS</b> in order to seek from him a safe journey for us, our children, and our possessions. [...] So we fasted and sought our THEOS for this and He responded to our prayer.</i>	Ezr 8:21-23
	na	<i>In every province each place where the king's edict and his law came, there was great mourning for the Jews with <b>fasting</b>, <b>crying</b>, <b>wailing</b>, and <b>sackcloth</b>; and <b>ashes</b> were spread out as a bed for them.</i>	Est 4:3
	na	<i>"Go, gather all the Jews that are found in Susa and <b>fast for me</b>; do not eat or drink for three days, both night and day. I and my young girls will <b>fast</b> likewise, and then I will go to the king ...</i>	Est 4:16
· From a fast initiated by depression - to an upright fast of repentance.	na	<i>Then Ahab went to his house, sullen and angry [...] So he lay on his bed, turned away his face, and <b>would not eat any food</b>.</i>	1Kin 21:4
	na	<i>When Ahab heard these words, he tore his clothes and put <b>sackcloth</b> over his flesh, <b>fasted</b>, lay in the sackcloth, and went about dejectedly.</i>	1Kin 21:27

## WHAT DOES THE BIBLE SAY ABOUT . . .

4 . . . Supernatural Fasts



Super-natural Fasts (Not Prescriptive = No Examples For Us !)	Comments	Scripture	
	Fast of Elijah (Partial Fast)	many days	<i>... the Word of KYRIOS came to him [Elijah], ... you must hide yourself in the Wadi Kerith which faces the Jordan. It shall be that you shall drink from the wadi, and I have commanded the crows to sustain you there." [...] The crows were bringing bread and meat in the morning for him and bread and meat in the evening, and he drank from the wadi ...</i>
	Fast of IESOUS CHRISTOS (Total Fast)	40 days	<i>Then IESOUS was led up into the wilderness by the SPIRIT, to be tried by the devil. And having fasted forty days and forty nights, He eventually was hungry. And the one trying having approached Him, said: "If you are the Son of THEOS, you must have ordered that these stones became breads." And answering, He said: "It has been written, not on bread alone a man will live, but on every Word proceeding from the mouth of THEOS."</i>
	Fast of Moses (Total Fast)	120 days (3x 40 probably consecutive days; he could have possibly eaten on the day before and after the 2nd fast, and in the time ascending the mountain)	<i>[1st fast; on the mountain] When I went up the mountain to receive the stone tablets, the tablets of the covenant that KYRIOS made with you, and remained on the mountain forty days and forty nights, I did not eat food and I did not drink water.</i> <i>[2nd fast; immediately after 1st; down in the plain] And then I lay prostrate before KYRIOS, as earlier, forty days and forty nights; I did not eat food and I did not drink water because of all your sins that you committed, by doing evil in the eyes of KYRIOS and so provoking Him.</i> <i>[3rd Fast; timely to 2nd fast] At that time KYRIOS said to me, 'Carve for yourself two tablets of stone just as the former ones, and come up the mountain to me ...</i> <i>And KYRIOS said to Moses, "Cut for yourself two stone tablets like the first ones [...] go up in the morning to Mount Sinai and present yourself to me there on the top of the mountain. [...] And he was there with KYRIOS forty days and forty nights. He ate no food and drank no water. And he wrote on the tablets the words of the covenant ...</i>
			<u>1Kin 17:1-7</u> <u>Mat 4:1-4</u> <u>Deu 9:9</u> <u>Deu 9:18-25</u> <u>Deu 10:1-5</u> <u>Exo 34:1-29</u>

