

## Christian Fellowship Evangelistic Church

### 2022 Fasting Reference Guide

<b>Fast:</b>	<b>Verse</b>	<b>Purpose</b>
<b>Disciple's Fast</b>	Matthew 17:21	<b>To loose the bands of wickedness (Isa.58:6) freeing ourselves and others from addictions to sin.</b>
<b>Ezra Fast</b>	Ezra 8:23	<b>To "undo the heavy burdens" (Isa.58:6) To solve problems, inviting the Holy Spirit's aid in lifting loads and overcoming barriers that keep ourselves from walking joyfully with the Lord.</b>
<b>Samuel Fast</b>	I Samuel 7:6	<b>"To let the oppressed (physically and spiritually) go free" (Isa.58:6) For revival and soul winning, to identify with people everywhere enslaved literally or by sin and to pray to be used of God</b>
<b>Elijah Fast</b>	I Kings 19:4,8	<b>"To break every Yoke" (Isa.58:6) Conquering the mental and emotional problems that would control our lives, and return the control to the Lord.</b>
<b>Widow's Fast</b>	I Kings 17:16	<b>To share our bread with the hungry" to care for the poor (Isa.58:7)</b>
<b>Paul's Fast</b>	Acts 9:9	<b>To allow God's "Light to break forth like the morning" (Isa.58:8) Bringing clearer perspective and insight as we make crucial decisions.</b>
<b>Daniel Fast**</b>	Daniel 1:8	<b>So "thine health shall spring forth" (Isa.58:8) to gain a healthier life or for healing.</b>
<b>John the Baptist Fast</b>	Luke 1:15	<b>That "Your righteousness shall go before you" Isa 58:8) that our testimonies and influence for Jesus will be enhanced before others.</b>
<b>Esther Fast</b>	Esther 4:16;5:2	<b>That 'the glory of the Lord' will protect us from the evil one (Isa.58:8)</b>

\*\* See Handout for foods