

A white ceramic plate is centered on a dark brown wooden surface. The word "FASTING" is written across the top half of the plate in a large, bold, serif font. The letters are filled with a vibrant, abstract pattern of orange, red, and yellow, resembling a sunset or a fire. The text has a slight drop shadow, making it stand out against the white plate.

FASTING

ISAIAH 58:6-10

Overview

- **Get Down Go Up**
- **Fast Food**
- **Breakfast**

Isaiah 58:6-10

6 Is not this the fast that I have chosen? to loose the bands of wickedness, to undo the heavy burdens, and to let the oppressed go free, and that ye break every yoke? 7 Is it not to deal thy bread to the hungry, and that thou bring the poor that are cast out to thy house? when thou seest the naked, that thou cover him; and that thou hide not thyself from thine own flesh? 8 Then shall thy light break forth as the morning, and thine health shall spring forth speedily: and thy righteousness shall go before thee; the glory of the LORD shall be thy rereward. 9 Then shalt thou call, and the LORD shall answer; thou shalt cry, and he shall say, Here I am. If thou take away from the midst of thee the yoke, the putting forth of the finger, and speaking vanity; 10 And if thou draw out thy soul to the hungry, and satisfy the afflicted soul; then shall thy light rise in obscurity, and thy darkness be as the noonday:

A photograph of a double-deck escalator. The escalator has two sets of steps, one above the other. A person is standing on the upper set of steps. The image is overlaid with large, bold, yellow text. The text reads "SECTION 1" on the top line and "GET DOWN GO UP" on the bottom line. The background is a warm, yellowish-green color.

SECTION 1
GET DOWN GO UP

Fasting

**A voluntary
abstaining of bodily
sustenance for a
period time**

Types Of Fast

1. Daniel Fast (Daniel 1:8-15)

2. Full Fast (Matthew 4:1-2 & Luke 4:1-2)



Daniel Fast

**Eat no meat, sweets
or bread. Drink water
and juice. Eat fruits
and vegetables.**

Daniel 1:8-15

But Daniel purposed in his heart that he would not defile himself with the portion of the king's meat, nor with the wine which he drank: therefore he requested of the prince of the eunuchs that he might not defile himself. 9 Now God had brought Daniel into favour and tender love with the prince of the eunuchs. 10 And the prince of the eunuchs said unto Daniel, I fear my lord the king, who hath appointed your meat and your drink: for why should he see your faces worse liking than the children which are of your sort? then shall ye make me endanger my head to the king. 11 Then said Daniel to Melzar, whom the prince of the eunuchs had set over Daniel, Hananiah, Mishael, and Azariah, 12 Prove thy servants, I beseech thee, ten days; and let them give us pulse to eat, and water to drink. 13 Then let our countenances be looked upon before thee, and the countenance of the children that eat of the portion of the king's meat: and as thou seest, deal with thy servants. 14 So he consented to them in this matter, and proved them ten days. 15 And at the end of ten days their countenances appeared fairer and fatter in flesh than all the children which did eat the portion of the king's meat.

Why Daniel Fasted

1. The king's food was against dietary laws.
2. Daniel and his friends had vowed against wine.
3. The king's food had been offered up to idols/demons.



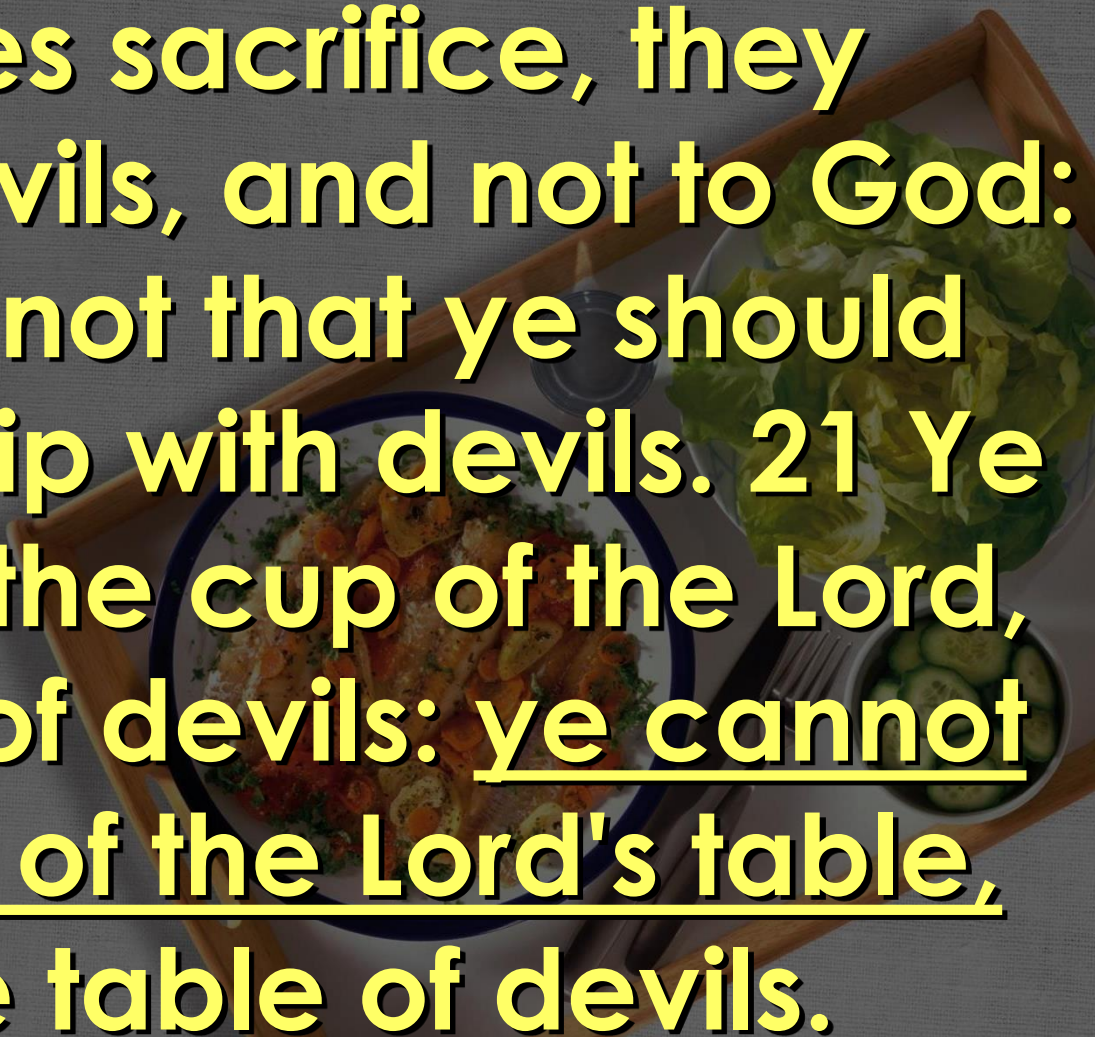
The Moral Of The Story

All of the three reasons for Daniel and his friends fasting was to avoid being contaminated by the customs and practices of the world. Likewise we should fast to endeavor to do the same.



1 Corinthians 10:20-21

20 But I say, that the things which the Gentiles sacrifice, they sacrifice to devils, and not to God: and I would not that ye should have fellowship with devils. 21 Ye cannot drink the cup of the Lord, and the cup of devils: ye cannot be partakers of the Lord's table, and of the table of devils.

A wooden tray containing a plate of food, a bowl of green salad, and a small bowl of sliced cucumbers.

The background of the slide is a blue-tinted photograph of a white plate and a silver fork. The plate is in the foreground, and the fork is positioned to its left. The text is overlaid on this image.

Full Fast

No food of any kind is eaten and sometimes no liquid is consumed either.

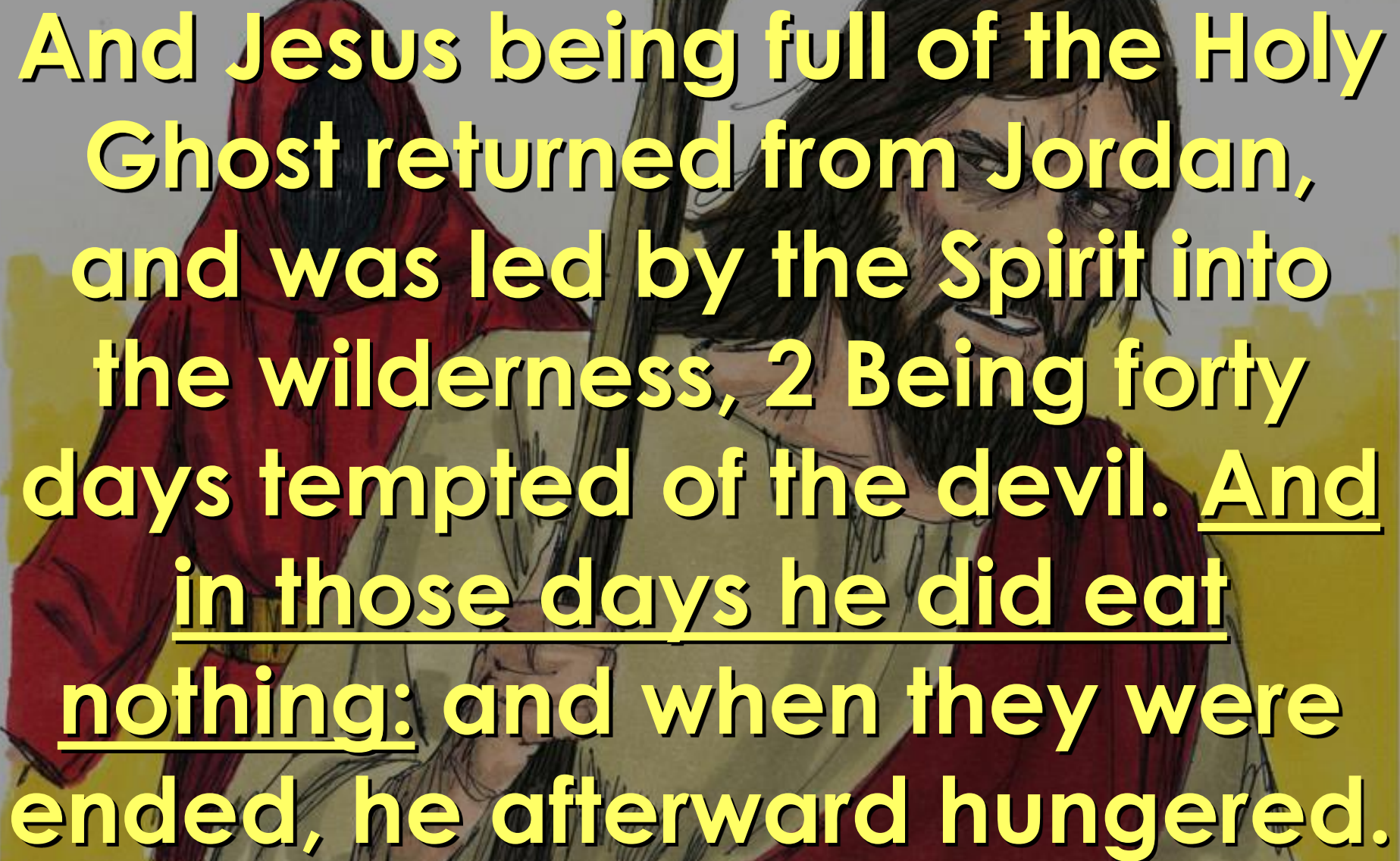
Matthew 4:1-2



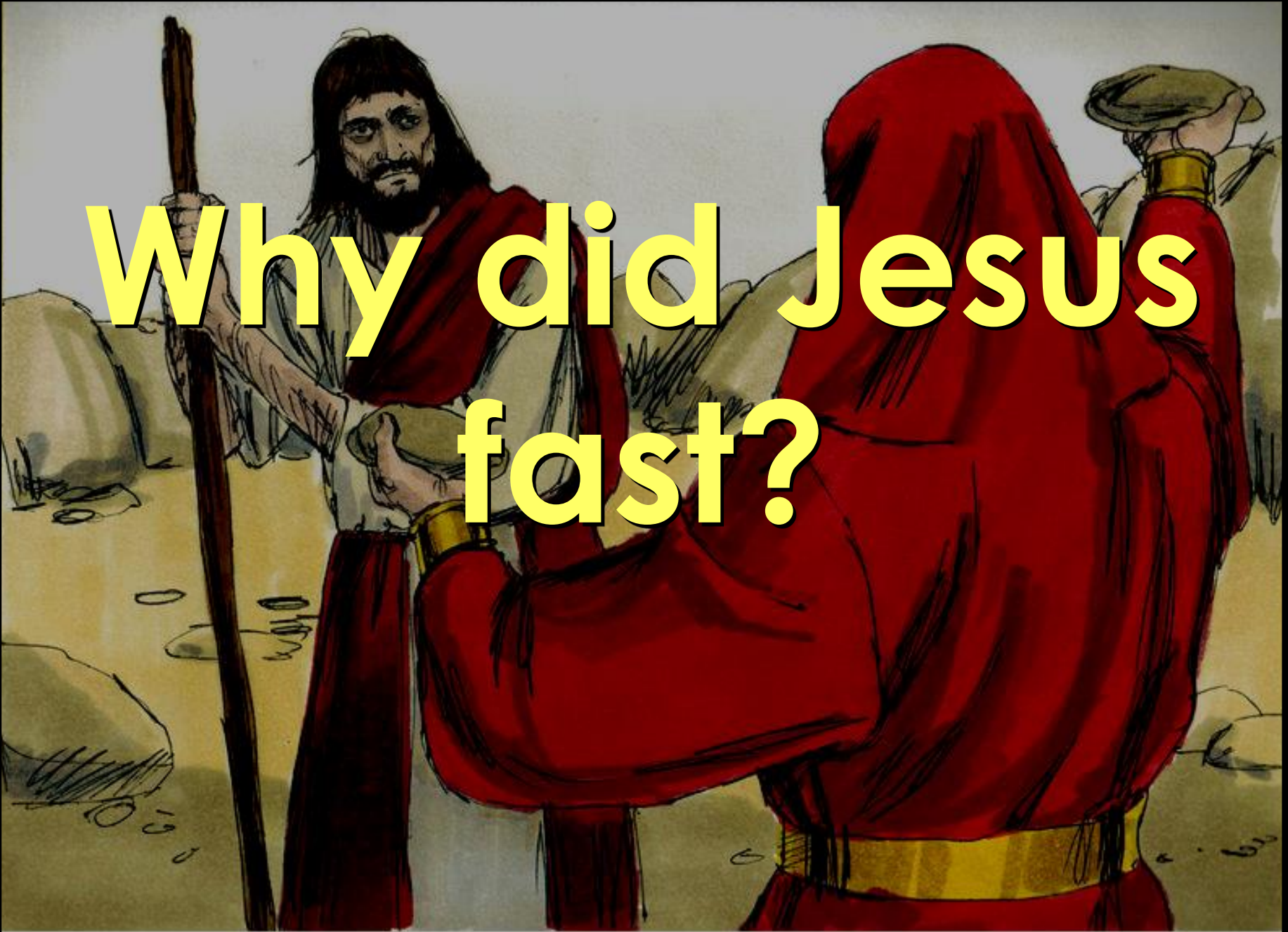
Then was Jesus led up of the Spirit into the wilderness to be tempted of the devil. 2 And when he had fasted forty days and forty nights, he was afterward an hungred.

Luke 4:1-2

And Jesus being full of the Holy Ghost returned from Jordan, and was led by the Spirit into the wilderness, 2 Being forty days tempted of the devil. And in those days he did eat nothing: and when they were ended, he afterward hungered.



**Why did Jesus
fast?**





FACT # 1

**Fasting brings the
flesh into subjection**

Galatians 5:16-17

This I say then, Walk in the Spirit, and ye shall not fulfil the lust of the flesh. 17 For the flesh lusteth against the Spirit, and the Spirit against the flesh: and these are contrary the one to the other: so that ye cannot do the things that ye would.

1 Corinthians 9:27

But I keep under my body,
and bring it into
subjection: lest that by any
means, when I have
preached to others, I
myself should be a
castaway.

James 4:6-7

But he giveth more grace.

Wherefore he saith, God resisteth the proud, but giveth grace unto the humble.

Submit yourselves therefore to

God. Resist the devil, and he will flee from you.

FACT # 2

It is not a prerequisite for casting out certain types of demons or evil spirits.

Matthew 17:14-21

14 And when they were come to the multitude, there came to him a certain man, kneeling down to him, and saying, 15 Lord, have mercy on my son: for he is lunatick, and sore vexed: for oftentimes he falleth into the fire, and oft into the water. 16 And I brought him to thy disciples, and they could not cure him. 17 Then Jesus answered and said, O faithless and perverse generation, how long shall I be with you? how long shall I suffer you? bring him hither to me. 18 And Jesus rebuked the devil; and he departed out of him: and the child was cured from that very hour. 19 Then came the disciples to Jesus apart, and said, Why could not we cast him out? 20 And Jesus said unto them, Because of your unbelief: for verily I say unto you, If ye have faith as a grain of mustard seed, ye shall say unto this mountain, Remove hence to yonder place; and it shall remove; and nothing shall be impossible unto you. 21 Howbeit this kind goeth not out but by prayer and fasting.

Why It's Not For Devils

- The verses that speak of this concept are not in the oldest manuscripts meaning that it was an addition to the Greek text after the fact.
- The traditional interpretation ignores the actual context and reason Jesus gave for the Apostles' failure in the text.
- It contradicts other passages of scripture and the commands Jesus gave to the apostles and ourselves.
- It undermines the New Man and what we have in Christ.

Matthew 9:14-15


Then came to him the the disciples of John, saying, Why do we and the Pharisees fast oft, but thy disciples fast not? 15 And Jesus said unto them, Can the children of the bridechamber mourn, as long as the bridegroom is with them? but the days will come, when the bridegroom shall be taken from them, and then shall they fast.

Luke 9:1-2

1 Then he called his twelve disciples together, and gave them power and authority over all devils, and to cure diseases. 2 And he sent them to preach the kingdom of God, and to heal the sick.

Luke 10:19

Behold, I give unto you
power to tread on serpents
and scorpions, and over
all the power of the
enemy: and nothing shall
by any means hurt you.

A man in a blue shirt is seated at a table with a white plate in front of him. He is holding a knife in his right hand and a fork in his left hand, looking down at the plate with a concerned or frustrated expression. The background is a plain, light-colored wall.

**So why did the
Apostles fail at
casting the devil
out of the boy?**

Matthew 17:19-20

Then came the disciples to Jesus apart, and said, Why could not we cast him out? 20 And Jesus said unto them, Because of your unbelief: for verily I say unto you, If ye have faith as a grain of mustard seed, ye shall say unto this mountain, Remove hence to yonder place; and it shall remove; and nothing shall be impossible unto you.

Facts about fasting

1. Brings the flesh into subjection of the spirit (Galatians 5:16-17, 1 Corinthians 9:27 James 4:7)
2. It is not a prerequisite for casting out certain types of demons or evil spirits. (Matthew 9:14-15 & Luke

SECTION 2

FAST FOOD

A collage of fast-food restaurant signs. In the foreground, a large yellow sign with the text 'SECTION 2' and 'FAST FOOD' is overlaid. Behind it, various signs are visible: a Taco Bell sign with a red bell pepper, a Girinder sign with a green background and red text, a McDonald's sign with the golden arches, and a sign for 'PLAYPLACE'. The background shows a street scene with a street lamp and a building.



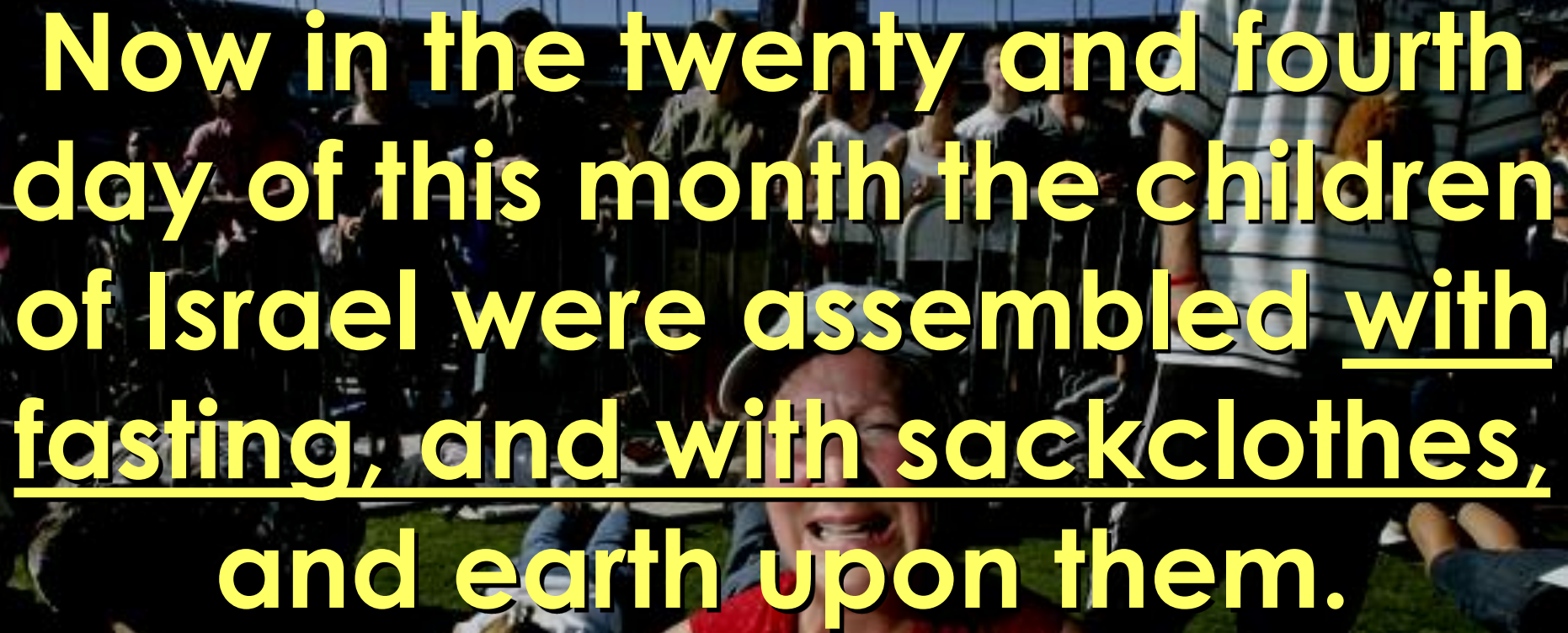
Fasting is designed to feed the spirit on the things of Christ, instead of feeding the flesh with food.

FACT # 3

**It is a sign of
mourning,
repentance and
sincere dilligence**

Nehemiah 9:1

Now in the twenty and fourth day of this month the children of Israel were assembled with fasting, and with sackclothes, and earth upon them.

A group of people, including children and adults, are gathered outdoors on a grassy area. In the foreground, a woman in a red sleeveless top is kneeling with her hands clasped in prayer, looking upwards with a pained expression. Other people are scattered around, some sitting on the grass and others standing. The background shows a large, modern building with a curved roof and glass walls. The overall atmosphere is one of solemnity and prayer.

Sackcloth

Coarse cloth worn as
a sign of mourning or
repentance.

Ashes

To cover the head
with ashes was a
token of self-
abhorrence and
humiliation

Esther 4:1-3

When Mordecai perceived all that was done, Mordecai rent his clothes, and put on sackcloth with ashes, and went out into the midst of the city, and cried with a loud and a bitter cry; 2 And came even before the king's gate: for none might enter into the king's gate clothed with sackcloth. 3 And in every province, whithersoever the king's commandment and his decree came, there was great mourning among the Jews, and fasting, and weeping, and wailing; and many lay in sackcloth and ashes.

Psalm 69:10

When I wept, and
chastened my soul
with fasting, that was
to my reproach.



FACT # 4

**It is to be done in
secret that God
may reward openly.**

Matthew 6:16-18

Moreover when ye fast, be not, as the hypocrites, of a sad countenance: for they disfigure their faces, that they may appear unto men to fast. Verily I say unto you, They have their reward. 17 But thou, when thou fastest, anoint thine head, and wash thy face; 18 That thou appear not unto men to fast, but unto thy Father which is in secret: and thy Father, which seeth in secret, shall reward thee openly.

Old & New Differences

- In the Old it was done openly while in the new its done secretly.

(Matthew 6:16-18)

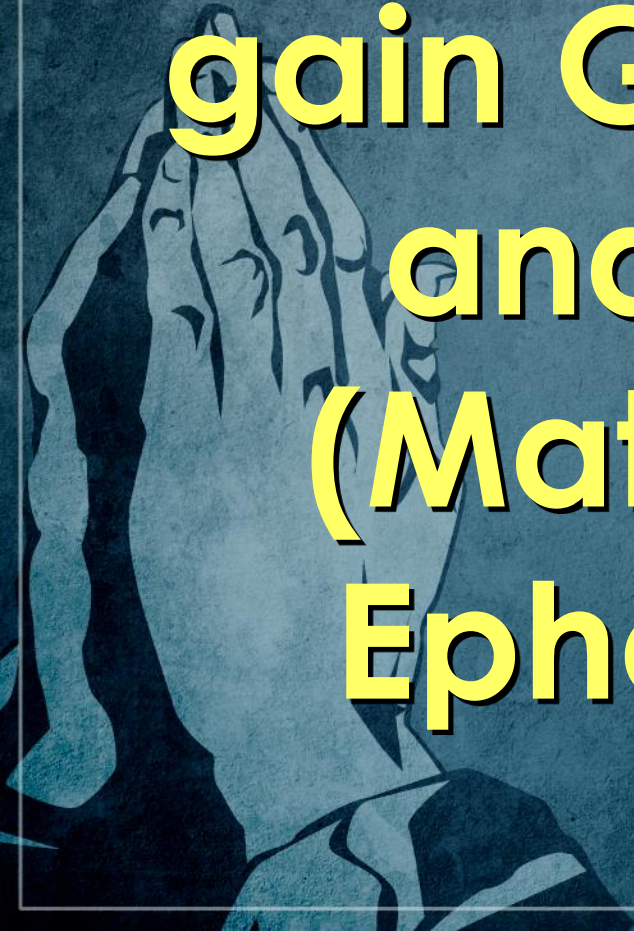
- Old no oil while in the new put on oil. (Daniel 10:3 & Matthew 6:17)

- Old sackcloth & ashes in the new none (Esther 4:3)

Why Secretly

So that the believer will
gain God's approval
and not man's.

(Matthew 6:1-6 &
Ephesians 6:5-7)



Facts about fasting

7. It can help in receiving answers & guidance in prayer. (Daniel 10:1-5 & Acts 10:30-31 Acts 13:2-3)
8. It is used to consecrate for Godly service (14:23)

Matthew 6:1-6

Take heed that ye do not your alms before men, to be seen of them: otherwise ye have no reward of your Father which is in heaven. 2 Therefore when thou doest thine alms, do not sound a trumpet before thee, as the hypocrites do in the synagogues and in the streets, that they may have glory of men. Verily I say unto you, They have their reward. 3 But when thou doest alms, let not thy left hand know what thy right hand doeth: 4 That thine alms may be in secret: and thy Father which seeth in secret himself shall reward thee openly. 5 And when thou prayest, thou shalt not be as the hypocrites are: for they love to pray standing in the synagogues and in the corners of the streets, that they may be seen of men. Verily I say unto you, They have their reward. 6 But thou, when thou prayest, enter into thy closet, and when thou hast shut thy door, pray to thy Father which is in secret; and thy Father which seeth in secret shall reward thee openly.

FACT # 5

Doing the work of
the Kingdom is a
type of fasting and
is the kind he is the
most pleased with

Isaiah 58:1-6

1 Cry aloud, spare not, lift up thy voice like a trumpet, and shew my people their transgression, and the house of Jacob their sins. 2 Yet they seek me daily, and delight to know my ways, as a nation that did righteousness, and forsook not the ordinance of their God: they ask of me the ordinances of justice; they take delight in approaching to God. 3 Wherefore have we fasted, say they, and thou seest not? wherefore have we afflicted our soul, and thou takest no knowledge? Behold, in the day of your fast ye find pleasure, and exact all your labours. 4 Behold, ye fast for strife and debate, and to smite with the fist of wickedness: ye shall not fast as ye do this day, to make your voice to be heard on high. 5 Is it such a fast that I have chosen? a day for a man to afflict his soul? is it to bow down his head as a bulrush, and to spread sackcloth and ashes under him? wilt thou call this a fast, and an acceptable day to the LORD?

Isaiah 58:6-10

6 Is not this the fast that I have chosen? to loose the bands of wickedness, to undo the heavy burdens, and to let the oppressed go free, and that ye break every yoke? 7 Is it not to deal thy bread to the hungry, and that thou bring the poor that are cast out to thy house? when thou seest the naked, that thou cover him; and that thou hide not thyself from thine own flesh? 8 Then shall thy light break forth as the morning, and thine health shall spring forth speedily: and thy righteousness shall go before thee; the glory of the LORD shall be thy rereward. 9 Then shalt thou call, and the LORD shall answer; thou shalt cry, and he shall say, Here I am. If thou take away from the midst of thee the yoke, the putting forth of the finger, and speaking vanity; 10 And if thou draw out thy soul to the hungry, and satisfy the afflicted soul; then shall thy light rise in obscurity, and thy darkness be as the noonday:

The Kingdom Fast

When we stop walking in sin and instead do the will of God in establishing the Kingdom.

It's considered a fast not of food but a ceasing of sinful living. When are doing the will of God we won't do the will of the flesh.

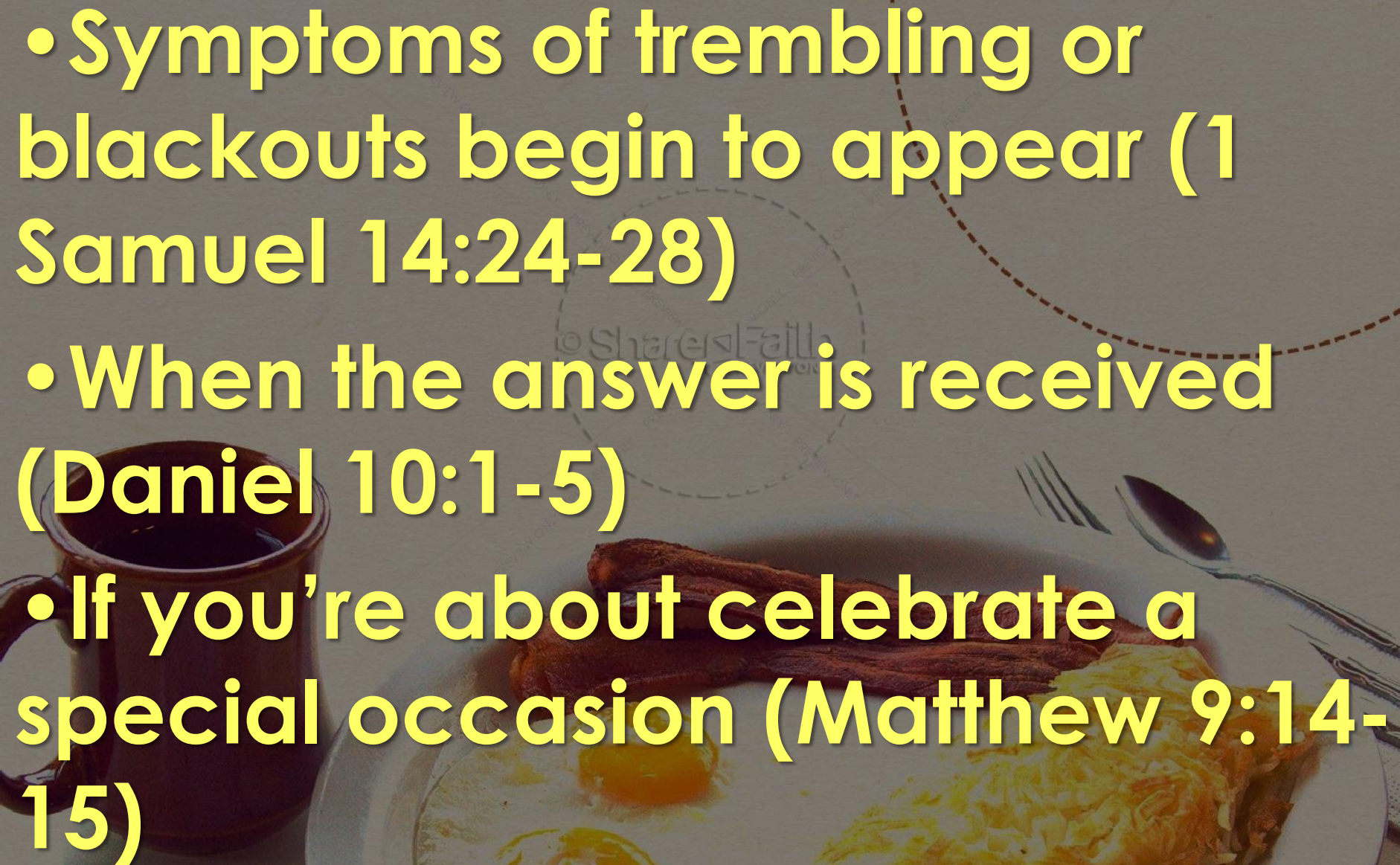
Facts about fasting

3. It is a sign of mourning, repentance and desperation. (Nehemiah 9:1 Matthew 9:14-15 & Psalm 69:10)
4. It is to be done in secret that God may reward openly. (Matthew 6:16-18)
5. Doing the work of the Kingdom is a type of fasting and is the kind he is the most pleased with (Isaiah 58:1-10)

A close-up photograph of a white plate with a gold floral pattern. The plate contains several strips of cooked, golden-brown bacon, a fried egg, and several slices of red tomato. The text "SECTION 3" and "BREAKFAST" is overlaid in large, bold, yellow letters with a black outline.

SECTION 3
BREAKFAST

When To Break A Fast

- Symptoms of trembling or blackouts begin to appear (1 Samuel 14:24-28)
 - When the answer is received (Daniel 10:1-5)
 - If you're about celebrate a special occasion (Matthew 9:14-15)
- 
- A background image showing a breakfast meal. On the left is a dark brown mug. In the center is a white plate with scrambled eggs, a fried egg, and two cinnamon sticks. To the right of the plate is a silver fork and spoon. The background is a light-colored surface with a faint circular watermark that says '© Share Faith'.

1 Samuel 14:24-28

24 And the men of Israel were distressed that day: for Saul had adjured the people, saying, Cursed be the man that eateth any food until evening, that I may be avenged on mine enemies. So none of the people tasted any food. 25

And all they of the land came to a wood; and there was honey upon the ground. 26 And when the people were come into the wood, behold, the honey dropped; but no man put his hand to his mouth: for the people feared the oath.

27 But Jonathan heard not when his father charged the people with the oath: wherefore he put forth the end of the rod that was in his hand, and dipped it in an honeycomb, and put his hand to his mouth; and his eyes were

enlightened. 28 Then answered one of the people, and said, Thy father straitly charged the people with an oath, saying, Cursed be the man that eateth any food this day. And the people were faint.

Matthew 9:14-15

Then came to him the disciples of John, saying, Why do we and the Pharisees fast oft, but thy disciples fast not? 15 And Jesus said unto them, Can the children of the bridechamber mourn, as long as the bridegroom is with them? but the days will come, when the bridegroom shall be taken from them, and then shall they fast.

Tips

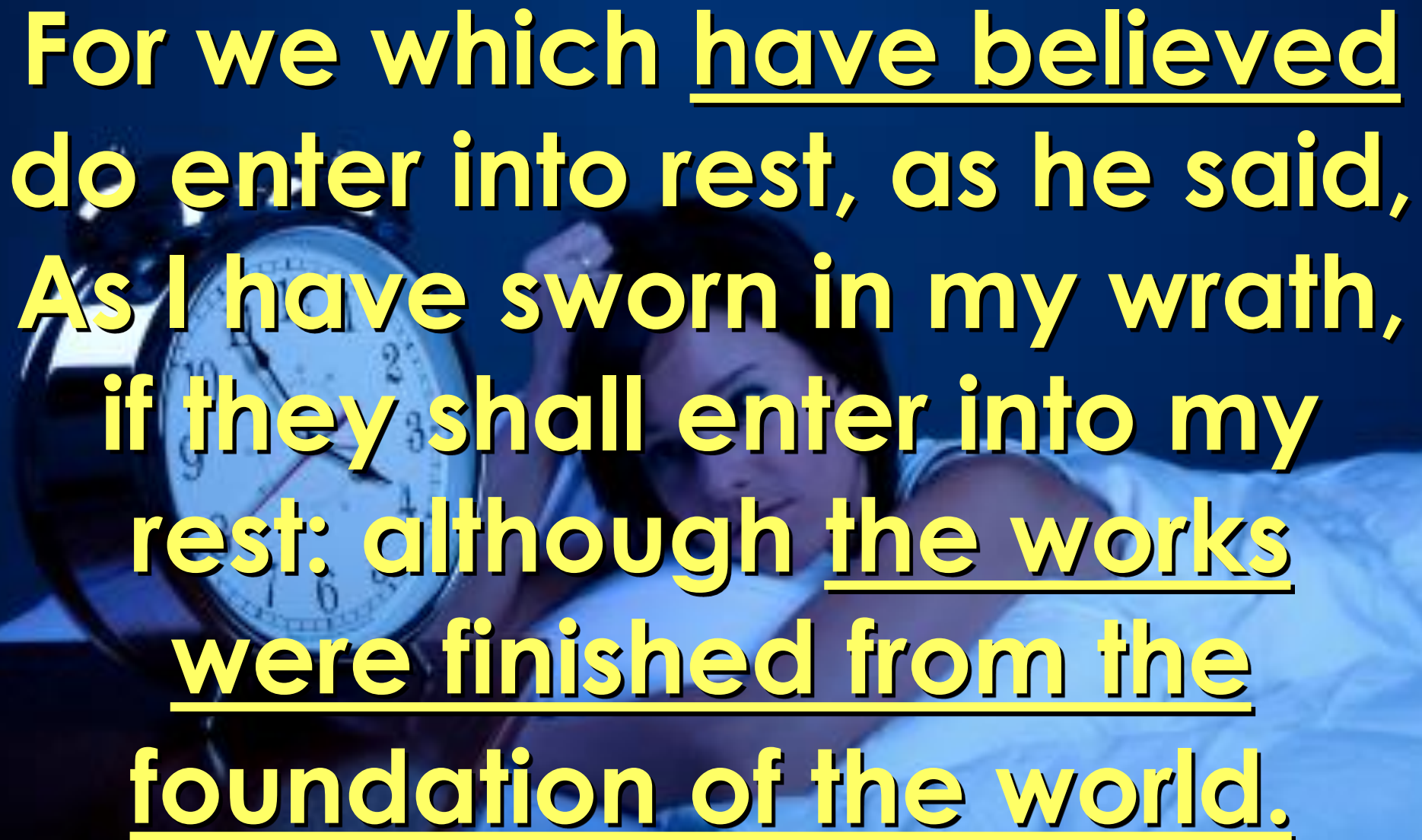
1. Decrease or limit physical activity to prevent injury.
2. When breaking a fast don't eat a large meal.
3. Increase bible study time.
4. Fast about something specific
5. Remove carnal influences.

Wrong Reasons

- To force God to move (Hebrews 4:3)
- To cause harm to someone else. (Acts 23:12)
- To inflict punishment on oneself (Ephesians 2:8-9)

Hebrews 4:3

For we which have believed
do enter into rest, as he said,
As I have sworn in my wrath,
if they shall enter into my
rest: although the works
were finished from the
foundation of the world.

A woman is lying in bed, looking towards the camera. An alarm clock is visible on the left side of the frame. The background is a solid blue color.

Acts 23:12

And when it was day, certain of the Jews banded together, and bound themselves under a curse, saying that they would neither eat nor drink till they had killed Paul.

Ephesians 2:8-9

For by grace are ye saved through faith; and that not of yourselves: it is the gift of God: 9 Not of works, lest any man should boast.

Acts 23:12

And when it was day, certain of the Jews banded together, and bound themselves under a curse, saying that they would neither eat nor drink till they had killed Paul.

Wrong Reasons

- To force God to move (Hebrews 4:3)
- To cause harm to someone else. (Acts 23:12)
- To inflict punishment on oneself (Ephesians 2:8-9 & Habakkuk 2:4)