



III. 9 Biblical Reasons To Fast

- **SAMUEL'S FAST - For National Glory Revival**
 - Can be found in 1 Samuel 7:5-6.
 - Now what happened, The Ark of the Covenant had been stolen from the nation of Israel. When Samuel had came on the scene, Eli who was the priest had become fat and blind... **(he was a spiritual leader who did not fast and he had no revelation - our spiritual leaders should have a lifestyle of prayer and fasting)** - under the administration of Eli, the presence of God was no longer in the nation.
 - 1 Samuel 7:5-6 - Samuel gathered all of the children of Israel and fasted and repented for a whole day - **THEY DID IT TO GET THE PRESENCE OF GOD BACK IN THEIR NATION!**
 - The enemy will attack while fasting - The Philistines attacked Samuel while they were fasting - if it seems that you have fasted and you still have not received your answer or your breakthrough - keep going.
 - This kind of attack comes during prayer and fasting because it could be that the devil knows what kind of victory that's coming your way!
- **WHY DO WE FAST**
 - For an ATMOSPHERIC revival - when God's presence is in your life there is an atmosphere. When God's presence is in your church there is an atmosphere.
 - To keep from living ICHABOD - meaning when the Ark of the Covenant was stolen from the nation of Israel, the first child that was born was named Ichabod which means the Glory of God was gone.
 - To have revival in our homes, in our church, in our family where miracles and signs and wonders are happening.
- **ELIJAH FAST - For Breaking Negative Emotional Feelings and Habits**
 - This is found in 1 Kings 19, where Elijah had just destroyed the prophets of Baal and word got back to Jezebel...
 - Jezebel released a spirit of fear and it disturbed Elijah so much that he ran from his calling
 - He went and sat under a tree and refused to eat because of depression and soon developed suicidal thoughts.
 - An angel had to come and feed from Heaven and he was able to go for 40 days from that meal.
- **WHY DO WE FAST**
 - This fast breaks off the spirit of heaviness and the feeling of hopelessness and despair.(Isaiah 61:2-3)
 - When it seems hard to get free from worrying and anxiety and fear. (Philippians 4:6)
 - It will break you free from emotional habits so you can truly experience the love of God. (1 John 4:18-19)