



### III. 9 Biblical Reasons To Fast

- **ESTER FAST - For Protection Against Danger**
  - Can be found in Ester 4.
    - Now what happened, Ester called a 3 day fast when she needed protection from danger!
  - In Isaiah 58:8 - *The Glory of the Lord will be your rear guard.* (God says, "I have your back and I will protect you!")
- **WHY DO WE FAST**
  - In a time where life is perilous and dangerous, you need HEAVENLY PROTECTION!
  - To bring you to the revelation of the complete protection of God.
- **DANIEL FAST - Promotes Health and Healing**
  - This is found in Daniel 10, where there is no meat, no sweets, and no bread. Just water for 21 days.
  - This is partial and prolonged fast.
  - If you read Daniel 1:19-20, the bible says that after Daniel refused to eat the kings meat, he asked the king's servant to only give them vegetables and water for 10 days... v.20 - *And in all matters of wisdom and understanding about which the king examined them, he found them ten times better than all the magicians and astrologers who were in all his realm.*
- **WHY DO WE FAST**
  - Helps break addictions to sugar.
  - Supports the body's detoxification.
  - Promotes healthy weight loss.
  - Relieves anxiety and nervousness.
  - Supports healthy inflammation response and promotes joint comfort.
  - Decreases brain fog.
  - Helps increase your ability to trust God.
  - Improves skin health.
  - Makes you more sensitive to God's voice.
- Resources: <https://draxe.com/daniel-fast/>
  - Fasting by Jentzen Franklin