



III. 9 Biblical Reasons To Fast

- **WIDOW'S FAST - For Becoming Others Minded and Feeling The Hunger of The World**
 - Can be found in 1 Kings 17:8-16.
 - Now what happened, the widow and her son were going to fix their last meal, eat it and die. The the Prophet Elijah said, give me a cake first, so the **woman and her son fasted so that they could serve the needs of others first**.
 - The Widow's Fast is found in Isaiah 58:7 - Is it not to share your bread with the hungry, and that you bring to your house the poor and cast out; when you see the naked, that you cover him, and not hide yourself from your own flesh?
- **WHY DO WE FAST**
 - To meet the humanitarian needs of the earth.
 - To sense the hunger and thirst of the lost souls in the earth. To have an effective ministry to those who are without Jesus as their Lord.
- **PAUL THE APOSTLE FAST - When Facing Major Decisions**
 - This is found in Acts 9, when Saul, who later became Paul, was blind and had to be led by the hand to the house of Judas. There he fasted and prayed until he could see what the Lord wanted to do.
 - Paul's Fast is found in Isaiah 58:8 - Then your light shall break forth like the morning when you fast.
- **WHY DO WE FAST**
 - Anytime you are in the dark and you don't know what to do (which job to take; should I move or should I stay...)
 - Anytime you have a MAJOR DECISION to make.
- **JOHN THE BAPTIST FAST - For Influence For His Name Sake To Grow**
 - John the Baptist fasted often which was the Nazarite fast (restrictive diet).
 - Because of his fasting he was very influential.
 - John 1:6-7 - *There was a man sent from God, whose name was John. This man came for a witness, to bear witness of the Light, that all through him might believe.*
- **WHY DO WE FAST**
 - It will cause your sphere of influence to grow, so that you can touch more lives for the Lord Jesus Christ.