

9 Types of Fasts



The Disciples Fast

Purpose: To loosen the bands of wickedness.

Key Verse: Matthew 17:21

Background: The disciples could not cast out a demon from a boy.

Revelation: Often we don't realize that the enemy had a strong grip on a specific area of our lives.

Relevance: If there is a nagging area of life, fasting and prayer is the formula.

The Ezra Fast

Purpose: Undo heavy burdens.

Key Verse: Ezra 8:21–23

Background: Ezra desired to implement the Law and rebuild Jerusalem.

Revelation: The call on your life is the assist in the kingdom agenda.

Relevance: Many believers have burdens that they are not supposed to carry.

The Samuel Fast

Purpose: Let the oppressed go free.

Key Verse: 1 Samuel 7:6

Background: A celebration of the return of the Ark, to deliver them from sin, and revival to restore God's presence.

Revelation: It's possible to suffer loss because we have not honored God fully and sincerely.

Relevance: We expect God to keep blessing us even if we dishonor Him.

The Elijah Fast

Purpose: Break every yoke.

Key Verse: 1 Kings 19:4; 8

Background: Although this is not a formal fast, due to grief, depression, and rejection, Elijah could not eat.

Revelation: Life can take you to a low place and put a yoke on you that requires a revelation of who God is, and it requires the power of God to remove it.

Relevance: When frustration, irritation, and suppression are engulfing you, prayer and fasting can break and remove the yoke.

The Widow's Fast

Purpose: Bread to the hungry and housing for the poor.

Key Verse: 1 Kings 17:16 (NASB95)

Background: God sent Elijah to a widow who only had a little oil and flour to feed her and her son.

Revelation: God may ask for what you think you don't have. But the seed you sow is the key to an unimaginable breakthrough.

Relevance: God has not forgotten about you; use the principles.

The Saint Paul Fast

Purpose: Allow God's light to break forth like the morning.

Key Verse: Acts 9:9 (NASB95)

Background: Paul was enroute to arrest Christians when he encounters Jesus. This experience transformed his life forever.

Revelation: God has revealed Himself to us. We are to acknowledge and adjust the course of our lives.

Relevance: God knows how to gain our attention, and desires to restore our sight.

The Daniel Fast

Purpose: Cause health to spring forth speedily.

Key Verse: Daniel 1:8 (NASB95)

Background: The kings Pagan food defiled God's command.

Revelation: You will always be healthier and stronger obeying God.

Relevance: We have to choose to obey God although it may be inconvenient.

The John the Baptist Fast

Purpose: Righteousness to go before them.

Key Verse: Luke 1:15 (NASB95)

Background: John made a Nazirite vow and separated himself for God's use.

Revelation: When you are selected by God for special use and success, His expectations of you are higher than normal.

Relevance: Your lifestyle matters throughout the course of your life. The kingdom responsibility you carry requires a specific way to honor God.

The Esther Fast

Purpose: The glory of the Lord to be the rear guard.

Key Verse: Esther 4:16 (NASB95)

Background: There was a plot to kill the Jews and Esther needed to intervene.

Revelation: When the enemy is attempting to utterly destroy your life, you have to dig into prayer and fasting.

Relevance: There are life or death moments; and times when life cannot continue in its present stint. You may have a pressing need.

Scripture References

Ephesians 6:12 (KJV) – 12 For we wrestle not against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this world, against spiritual wickedness in high places.

Scripture References

2 Corinthians 10:4–6 (KJV) – 4 (For the weapons of our warfare are not carnal, but mighty through God to the pulling down of strong holds;) 5 Casting down imaginations, and every high thing that exalteth itself against the knowledge of God, and bringing into captivity every thought to the obedience of Christ; 6 And having in areadiness to revenge all disobedience, when your obedience is fulfilled.

Scripture References

Isaiah 58:6–8 (NASB95) – 6 “Is this not the fast which I choose, To loosen the bonds of wickedness, To undo the bands of the yoke, And to let the oppressed go free And break every yoke? 7 “Is it not to divide your bread with the hungry And bring the homeless poor into the house; When you see the naked, to cover him; And not to hide yourself from your own flesh? 8 “Then your light will break out like the dawn, And your recovery will speedily spring forth; And your righteousness will go before you; The glory of the LORD will be your rear guard.

References

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Franklin, J. (2014). Fasting: Opening the Door to a Deeper, More Intimate, More Powerful Relationship with God. United States: Charisma House.