

# TYPES OF FASTS

Judy Brooks©

## 3 Day Fast

**When you are in a crisis or trouble - fast 3 days God will deliver you from your present situation.**

Esther 4:6

*"Go and gather together all the Jews of Susa and fast for me. Do not eat or drink for three days, night or day. My maids and I will do the same. And then, though it is against the law, I will go in to see the king. If I must die, I must die."*

- *In all the history of Israel God's people were never called to fast for fasting sake. They were called to fore go food to deny all else but God. Most fast in ancient days were limited to daylight hours or certain foods and rarely included fasting from water. Why? Because of the risk of dehydration was too serious.*
- *Severe situations/crisis call for serious measures such as fasting everything for three days with total prayer and fasting – denying all else but God.*
- *Fasting indicates prayer, and prayer indicates God is the Book of Esther.*
- *Esther and the Jews of Susa went without food so they could wholeheartedly focus their petitions before God.*
- *Their refusal to receive sustenance demonstrated their desperation to receive something much greater: DELIVERANCE!*

*Joel 2:17 describes a petition God's people were told to make as they gathered together for a holy fast.*

*Let them say, : 'spare your people, O Lord – do not make your inheritance and object of scorn, a by-word among nations.*

*Look at how closely related Esther 4:6 and Joel 2:17 are related. For what reason were they fasting?*

**DELIVERANCE.**

What were they instructed to do during this time?

*Read (Acts 3:19-20 Amplified)*

*So repent (change your mind and purpose); turn around and return [to God], that your sins may be erased (blotted out, wiped clean), that times of refreshing (of recovering from the effects of heat, of <sup>[a]</sup>reviving with fresh air) may come from the presence of the Lord; And that He may send [to you] the Christ (the Messiah), Who before was designated and appointed for you--even Jesus,*

Look at the parallel between Joel and Esther – whether she knew it or not she blew the trumpet in Zion commanding a fast for all the Jews of Susa to see if the Lord may relent from sending the calamity on the Jewish people of being wiped out.

In this crisis situation, there was no neutral position. Failure to decide brings personal loss and misses the opportunity to fulfill God's purposes. These are generally Defining Moments

*Acts 9:9*

*The men with Saul stood speechless, for they heard the sound of someone's voice but saw no one! Saul picked himself up off the ground, but when he opened his eyes he was blind. So his companions led him by the hand to Damascus. 9 He remained there blind for three days and did not eat or drink.*

### **21 Days Fast for understanding of the vision**

for focus – and Clarity – to know what to do to fulfill the vision • understanding to know how to position yourself for the breakthrough. (includes fruit, vegetables and nuts and water) (No meat, Bread, pasta, sweet)

### **1 Day Fast – for self examination and consecration.**

Check up on self spiritually – tune up to make sure your still on the right tract and your still excited about God and your relationship.

The Israelites did what God said to do. They went out against tribe of Benjamin and 22,000 men lost their lives. Same thing they went out again and lost 18,000 men.

Then they came back crying and got before the Lord and fasted and prayed – then they won the battle. NEVER go into a Major Battle without fasting and praying.

Then all the Israelites were united as one man, from Dan in the north to Beersheba in the south, including those from across the Jordan in the land of Gilead. The entire community assembled in the presence of the LORD at Mizpah. The leaders of all the people and all the tribes of Israel—400,000 warriors armed with swords—took their positions in the assembly of the people of God. 3 (Word soon reached the land of Benjamin that the other tribes had gone up to Mizpah.) The Israelites then asked how this terrible crime had happened.

4 The Levite, the husband of the woman who had been murdered, said, "My concubine and I came to spend the night in Gibeah, a town that belongs to the people of Benjamin. 5 That night some of the leading citizens of Gibeah surrounded the house, planning to kill me, and they raped my concubine until she was dead. 6 So I cut her body into twelve pieces and sent the pieces throughout the territory assigned to Israel, for these men have committed a terrible and shameful crime. 7 Now then, all of you—the entire community of Israel—must decide here and now what should be done about this!"

8 And all the people rose to their feet in unison and declared, "None of us will return home! No, not even one of us! 9 Instead, this is what we will do to Gibeah; we will draw lots to decide who will attack it. 10 One tenth of the men<sup>[a]</sup> from each tribe will be chosen to supply the warriors with food, and the rest of us will take revenge on Gibeah<sup>[b]</sup> of Benjamin for this shameful thing they have done in Israel." 11 So all the Israelites were completely united, and they gathered together to attack the town.

12 The Israelites sent messengers to the tribe of Benjamin, saying, "What a terrible thing has been done among you! 13 Give up those evil men, those troublemakers from Gibeah, so we can execute them and purge Israel of this evil."

But the people of Benjamin would not listen. 14 Instead, they came from their towns and gathered at Gibeah to fight the Israelites. 15 In all, 26,000 of their warriors armed with swords arrived in Gibeah to join the 700 elite troops who lived there. 16 Among Benjamin's elite troops, 700 were left-handed, and each of them could sling a rock and hit a target within a hairsbreadth without missing. 17 Israel had 400,000 experienced soldiers armed with swords, not counting Benjamin's warriors.

18 Before the battle the Israelites went to Bethel and asked God, "Which tribe should go first to attack the people of Benjamin?" The LORD answered, "Judah is to go first." 19 So the Israelites left early the next morning and camped near Gibeah. 20 Then they advanced toward Gibeah to attack the men of Benjamin. 21 But Benjamin's warriors, who were defending the town, came out and killed 22,000 Israelites on the battlefield that day.

22 But the Israelites encouraged each other and took their positions again at the same place they had fought the previous day. 23 For they had gone up to Bethel and wept in the presence

of the LORD until evening. They had asked the LORD, "Should we fight against our relatives from Benjamin again?" And the LORD had said, "Go out and fight against them." 24 So the next day they went out again to fight against the men of Benjamin, 25 but the men of Benjamin killed another 18,000 Israelites, all of whom were experienced with the sword.

26 Then all the Israelites went up to Bethel and wept in the presence of the LORD and fasted until evening. They also brought burnt offerings and peace offerings to the LORD. 27 The Israelites went up seeking direction from the LORD. (In those days the Ark of the Covenant of God was in Bethel, 28 and Phinehas son of Eleazar and grandson of Aaron was the priest.) The Israelites asked the LORD, "Should we fight against our relatives from Benjamin again, or should we stop?" The LORD said, "Go! Tomorrow I will hand them over to you." 29 So the Israelites set an ambush all around Gibeah. 30 They went out on the third day and took their positions at the same place as before. 31 When the men of Benjamin came out to attack, they were drawn away from the town. And as they had done before, they began to kill the Israelites. About thirty Israelites died in the open fields and along the roads, one leading to Bethel and the other leading back to Gibeah.

32 Then the warriors of Benjamin shouted, "We're defeating them as we did before!" But the Israelites had planned in advance to run away so that the men of Benjamin would chase them along the roads and be drawn away from the town. 33 When the main group of Israelite warriors reached Baal-tamar, they turned and took up their positions. Meanwhile, the Israelites hiding in ambush to the west of Gibeah jumped up to fight. 34 There were 10,000 elite Israelite troops who advanced against Gibeah. The fighting was so heavy that Benjamin didn't realize the impending disaster. 35 So the LORD helped Israel defeat Benjamin, and that day the Israelites killed 25,100 of Benjamin's warriors, all of whom were experienced swordsmen. 36 Then the men of Benjamin saw that they were beaten.

The Israelites had retreated from Benjamin's warriors in order to give those hiding in ambush more room to maneuver against Gibeah. 37 Then those who were hiding rushed in from all sides and killed everyone in the town. 38 They had arranged to send up a large cloud of smoke from the town as a signal. 39 When the Israelites saw the smoke, they turned and attacked Benjamin's warriors.

By that time Benjamin's warriors had killed about thirty Israelites, and they shouted, "We're defeating them as we did in the first battle!" 40 But when the warriors of Benjamin looked behind them and saw the smoke rising into the sky from every part of the town, 41 the men of Israel turned and attacked. At this point the men of Benjamin became terrified, because they realized disaster was close at hand. 42 So they turned around and fled before the Israelites toward the wilderness. But they couldn't escape the battle, and the people who came out of the nearby towns were also killed.<sup>[d]</sup> 43 The Israelites surrounded the men of Benjamin and chased them relentlessly, finally overtaking them east of Gibeah.<sup>[e]</sup> 44 That day 18,000 of Benjamin's strongest warriors died in battle. 45 The survivors fled into the wilderness toward

the rock of Rimmon, but Israel killed 5,000 of them along the road. They continued the chase until they had killed another 2,000 near Gidom. 46 So that day the tribe of Benjamin lost 25,000 strong warriors armed with swords, 47 leaving only 600 men who escaped to the rock of Rimmon, where they lived for four months. 48 And the Israelites returned and slaughtered every living thing in all the towns—the people, the livestock, and everything they found. They also burned down all the towns they came to.

## **Fasting and praying for someone else. (1 day)**

*Kings 21:27-29*

But when Ahab heard this message, he tore his clothing, dressed in burlap, and fasted. He even slept in burlap and went about in deep mourning. 28 Then another message from the LORD came to Elijah: 29 "Do you see how Ahab has humbled himself before me? Because he has done this, **I will not do what I promised during his lifetime. It will happen to his sons; I will destroy his dynasty.**"

## **Fast 3 days for Healing and Sickness**

*1 Samuel 30 David Destroys the Amalekites*

1 Three days later, when David and his men arrived home at their town of Ziklag, they found that the Amalekites had made a raid into the Negev and Ziklag; they had crushed Ziklag and burned it to the ground. 2 They had carried off the women and children and everyone else but without killing anyone. 3 When David and his men saw the ruins and realized what had happened to their families, 4 they wept until they could weep no more. 5 David's two wives, Ahinoam from Jezreel and Abigail, the widow of Nabal from Carmel, were among those captured. 6 David was now in great danger because all his men were very bitter about losing their sons and daughters, and they began to talk of stoning him. But David found strength in the LORD his God.

7 Then he said to Abiathar the priest, "Bring me the ephod!" So Abiathar brought it. 8 Then David asked the LORD, "Should I chase after this band of raiders? Will I catch them?" And the LORD told him, "Yes, go after them. You will surely recover everything that was taken from you!" 9 So David and his 600 men set out, and they came to the brook Besor. 10 But 200 of the men were too exhausted to cross the brook, so David continued the pursuit with 400 men. 11 Along the way they found an Egyptian man in a field and brought him to David. They gave him some bread to eat and water to drink. 12 They also gave him part of a fig cake and two clusters

of raisins, for he hadn't had anything to eat or drink for three days and nights. Before long his strength returned.

13 "To whom do you belong, and where do you come from?" David asked him. "I am an Egyptian—the slave of an Amalekite," he replied. "My master abandoned me three days ago because I was sick. 14 We were on our way back from raiding the Kerethites in the Negev, the territory of Judah, and the land of Caleb, and we had just burned Ziklag." 15 "Will you lead me to this band of raiders?" David asked. The young man replied, "If you take an oath in God's name that you will not kill me or give me back to my master, then I will guide you to them." 16 So he led David to them, and they found the Amalekites spread out across the fields, eating and drinking and dancing with joy because of the vast amount of plunder they had taken from the Philistines and the land of Judah. 17 David and his men rushed in among them and slaughtered them throughout that night and the entire next day until evening. None of the Amalekites escaped except 400 young men who fled on camels. 18 David got back everything the Amalekites had taken, and he rescued his two wives. 19 Nothing was missing: small or great, son or daughter, nor anything else that had been taken. David brought everything back. 20 He also recovered all the flocks and herds, and his men drove them ahead of the other livestock. "This plunder belongs to David!" they said. 21 Then David returned to the brook Besor and met up with the 200 men who had been left behind because they were too exhausted to go with him. They went out to meet David and his men, and David greeted them joyfully. 22 But some evil troublemakers among David's men said, "They didn't go with us, so they can't have any of the plunder we recovered. Give them their wives and children, and tell them to be gone."

23 But David said, "No, my brothers! Don't be selfish with what the LORD has given us. He has kept us safe and helped us defeat the band of raiders that attacked us. 24 Who will listen when you talk like this? We share and share alike—those who go to battle and those who guard the equipment." 25 From then on David made this a decree and regulation for Israel, and it is still followed today. 26 When he arrived at Ziklag, David sent part of the plunder to the elders of Judah, who were his friends. "Here is a present for you, taken from the LORD's enemies," he said.

27 The gifts were sent to the people of the following towns David had visited: Bethel, Ramoth-negev, Jattir, 28 Aroer, Siphmoth, Eshtemoa, 29 Racal,<sup>[a]</sup> the towns of the Jerahmeelites, the towns of the Kenites, 30 Hormah, Bor-ashan, Athach, 31 Hebron, and all the other places David and his men had visited.

## **Fast for a Mate (3 Day)**

It is the man who is suppose to seek a wife and pursue her. For he who finds a wife finds a

good thing and the (gift) glory of a man is his wife. (what does glory mean? Glory means honor and praise.) the wife is a gift and she is to honor and praise her husband, God designed man that they cannot succeed at whatever they do without praise. Women you must find a way or something to praise and encourage your man. You will see him turn around. Find little ways to celebrate and praise him and honor him.

Death and life are in the power of the tongue: and they that love it shall eat the fruit thereof. Whoso finds a **wife** finds a **good thing**, and obtains favor of the LORD.  
(Proverbs 18:21-22 NLT)

#### Genesis 24 A Wife for Isaac

Abraham was now a very old man, and the LORD had blessed him in every way. 2 One day Abraham said to his oldest servant, the man in charge of his household, "Take an oath by putting your hand under my thigh. 3 Swear by the LORD, the God of heaven and earth, that you will not allow my son to marry one of these local Canaanite women. 4 Go instead to my homeland, to my relatives, and find a wife there for my son Isaac." 5 The servant asked, "But what if I can't find a young woman who is willing to travel so far from home? Should I then take Isaac there to live among your relatives in the land you came from?" 6 "No!" Abraham responded. "Be careful never to take my son there. 7 For the LORD, the God of heaven, who took me from my father's house and my native land, solemnly promised to give this land to my descendants.<sup>[a]</sup> He will send his angel ahead of you, and he will see to it that you find a wife there for my son. 8 If she is unwilling to come back with you, then you are free from this oath of mine. But under no circumstances are you to take my son there."

9 So the servant took an oath by putting his hand under the thigh of his master, Abraham. He swore to follow Abraham's instructions. 10 Then he loaded ten of Abraham's camels with all kinds of expensive gifts from his master, and he traveled to distant Aram-naharaim. There he went to the town where Abraham's brother Nahor had settled. 11 He made the camels kneel beside a well just outside the town. It was evening, and the women were coming out to draw water. 12 "O LORD, God of my master, Abraham," he prayed. "Please give me success today, and show unfailing love to my master, Abraham. 13 See, I am standing here beside this spring, and the young women of the town are coming out to draw water. 14 This is my request. I will ask one of them, 'Please give me a drink from your jug.' If she says, 'Yes, have a drink, and I will water your camels, too!'—let her be the one you have selected as Isaac's wife. This is how I will know that you have shown unfailing love to my master."

15 Before he had finished praying, he saw a young woman named Rebekah coming out with her water jug on her shoulder. She was the daughter of Bethuel, who was the son of Abraham's brother Nahor and his wife, Milcah. 16 Rebekah was very beautiful and old enough to be married, but she was still a virgin. She went down to the spring, filled her jug, and came up again. 17 Running over to her, the servant said, "Please give me a little drink of water from your

jug." 18 "Yes, my lord," she answered, "have a drink." And she quickly lowered her jug from her shoulder and gave him a drink. 19 When she had given him a drink, she said, "I'll draw water for your camels, too, until they have had enough to drink." 20 So she quickly emptied her jug into the watering trough and ran back to the well to draw water for all his camels.

21 The servant watched her in silence, wondering whether or not the LORD had given him success in his mission. 22 Then at last, when the camels had finished drinking, he took out a gold ring for her nose and two large gold bracelets<sup>[b]</sup> for her wrists. 23 "Whose daughter are you?" he asked. "And please tell me, would your father have any room to put us up for the night?" 24 "I am the daughter of Bethuel," she replied. "My grandparents are Nahor and Milcah. 25 Yes, we have plenty of straw and feed for the camels, and we have room for guests."

26 The man bowed low and worshiped the LORD. 27 "Praise the LORD, the God of my master, Abraham," he said. "The LORD has shown unfailing love and faithfulness to my master, for he has led me straight to my master's relatives." 28 The young woman ran home to tell her family everything that had happened. 29 Now Rebekah had a brother named Laban, who ran out to meet the man at the spring. 30 He had seen the nose-ring and the bracelets on his sister's wrists, and had heard Rebekah tell what the man had said. So he rushed out to the spring, where the man was still standing beside his camels. Laban said to him, 31 "Come and stay with us, you who are blessed by the LORD! Why are you standing here outside the town when I have a room all ready for you and a place prepared for the camels?"

32 So the man went home with Laban, and Laban unloaded the camels, gave him straw for their bedding, fed them, and provided water for the man and the camel drivers to wash their feet. 33 Then food was served. But Abraham's servant said, "I don't want to eat until I have told you why I have come." "All right," Laban said, "tell us." 34 "I am Abraham's servant," he explained. 35 "And the LORD has greatly blessed my master; he has become a wealthy man. The LORD has given him flocks of sheep and goats, herds of cattle, a fortune in silver and gold, and many male and female servants and camels and donkeys. 36 "When Sarah, my master's wife, was very old, she gave birth to my master's son, and my master has given him everything he owns. 37 And my master made me take an oath. He said, 'Do not allow my son to marry one of these local Canaanite women. 38 Go instead to my father's house, to my relatives, and find a wife there for my son.'

39 "But I said to my master, 'What if I can't find a young woman who is willing to go back with me?' 40 He responded, 'The LORD, in whose presence I have lived, will send his angel with you and will make your mission successful. Yes, you must find a wife for my son from among my relatives, from my father's family. 41 Then you will have fulfilled your obligation. But if you go to my relatives and they refuse to let her go with you, you will be free from my oath.' 42 "So today when I came to the spring, I prayed this prayer: 'O LORD, God of my master, Abraham,



please give me success on this mission. 43 See, I am standing here beside this spring. This is my request. When a young woman comes to draw water, I will say to her, "Please give me a little drink of water from your jug." 44 If she says, "Yes, have a drink, and I will draw water for your camels, too," let her be the one you have selected to be the wife of my master's son.'

45 "Before I had finished praying in my heart, I saw Rebekah coming out with her water jug on her shoulder. She went down to the spring and drew water. So I said to her, 'Please give me a drink.' 46 She quickly lowered her jug from her shoulder and said, 'Yes, have a drink, and I will water your camels, too!' So I drank, and then she watered the camels. 47 "Then I asked, 'Whose daughter are you?' She replied, 'I am the daughter of Bethuel, and my grandparents are Nahor and Milcah.' So I put the ring on her nose, and the bracelets on her wrists. 48 "Then I bowed low and worshiped the LORD. I praised the LORD, the God of my master, Abraham, because he had led me straight to my master's niece to be his son's wife. 49 So tell me—will you or won't you show unfailing love and faithfulness to my master? Please tell me yes or no, and then I'll know what to do next." 50 Then Laban and Bethuel replied, "The LORD has obviously brought you here, so there is nothing we can say. 51 Here is Rebekah; take her and go. Yes, let her be the wife of your master's son, as the LORD has directed."

52 When Abraham's servant heard their answer, he bowed down to the ground and worshiped the LORD. 53 Then he brought out silver and gold jewelry and clothing and presented them to Rebekah. He also gave expensive presents to her brother and mother. 54 Then they ate their meal, and the servant and the men with him stayed there overnight. But early the next morning, Abraham's servant said, "Send me back to my master." "But we want Rebekah to stay with us at least ten days," her brother and mother said. "Then she can go." 56 But he said, "Don't delay me. The LORD has made my mission successful; now send me back so I can return to my master." 57 "Well," they said, "we'll call Rebekah and ask her what she thinks." 58 So they called Rebekah. "Are you willing to go with this man?" they asked her. And she replied, "Yes, I will go." 59 So they said good-bye to Rebekah and sent her away with Abraham's servant and his men. The woman who had been Rebekah's childhood nurse went along with her. 60 They gave her this blessing as she parted: "Our sister, may you become the mother of many millions! May your descendants be strong and conquer the cities of their enemies."

61 Then Rebekah and her servant girls mounted the camels and followed the man. So Abraham's servant took Rebekah and went on his way. 62 Meanwhile, Isaac, whose home was in the Negev, had returned from Beer-lahai-roi. 63 One evening as he was walking and meditating in the fields, he looked up and saw the camels coming. 64 When Rebekah looked up and saw Isaac, she quickly dismounted from her camel. 65 "Who is that man walking through the fields to meet us?" she asked the servant. And he replied, "It is my master." So Rebekah covered her face with her veil. 66 Then the servant told Isaac everything he had done. 67 And Isaac brought Rebekah into his mother Sarah's tent, and she became his wife. He loved her deeply, and she was a special comfort to him after the death of his mother.

## **Reasons to Fast:**

1. *Seek of the Lord a right way of Focus*
2. *To be Sensitive to the voice of God*
3. *Deliverance*
4. *Our children*
5. *Our resources – financially – materially – He will be the source of our substance – our provision.*

*Ezra 8:21*

And there by the Ahava Canal, I gave orders for all of us to fast and humble ourselves before our God. We prayed that he would give us a safe journey and protect us, our children, and our goods as we traveled.