

**#fastnpray2017**  
Prayer & Fasting - Part 2  
1.15.17 – New Life Church  
Pastor Jim Von Wald

I. Biblical Fasts.

- A. Supernatural Fast. (Exodus 34:28)
- B. Absolute Fast. (Esther 4:16 & Acts 9:9)
- C. Typical Fast. (Numerous references)
- D. Partial Fast. (Daniel 1:12 & Daniel 10:3)

II. What does fasting bring?

- A. Fasting brings favor.

**Proverbs 21:1 (NKJV)** *The king's heart is in the hand of the Lord, Like the rivers of water; He turns it wherever He wishes.*

**Nehemiah 1:4 (NIV)** *When I heard these things, I sat down and wept. For some days I mourned and fasted and prayed before the God of heaven.*

- B. Fasting brings understanding.

**Daniel 10:2-3 (NIV)** *At that time I, Daniel, mourned for three weeks. <sup>3</sup>I ate no choice food; no meat or wine touched my lips; and I used no lotions at all until the three weeks were over.*

**Daniel 10:12 (NIV)** *Then he [the angel] continued, “Do not be afraid, Daniel. Since the first day that you set your mind to gain understanding and to humble yourself before your God, your words were heard, and I have come in response to them.”*

C. Fasting brings humility.

**Psalm 35:13-14 (NIV)** *...I put on sackcloth and humbled myself with fasting {affliction}. When my prayers returned to me unanswered, <sup>14</sup> I went about mourning as though for my friend or brother. I bowed my head in grief as though weeping for my mother.*

D. Fasting brings protection.

**2 Chronicles 20:3 (NASB)** *Jehoshaphat was afraid and turned his attention to seek the Lord, and proclaimed a fast throughout all Judah.*

E. Fasting brings healing.

**Isaiah 58:8 (TLB)** *If you do these things, God will shed his own glorious light upon you. He will heal you; your godliness will lead you forward, goodness will be a shield before you, and the glory of the Lord will protect you from behind.*

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