



Fasting

Types of Fasts

Isaiah 58:4-8

**⁶“Is this not the fast that I have
chosen:**

**To loose the bonds of wickedness,
To undo the heavy burdens,
To let the oppressed go free,
And that you break every yoke?**

**⁷Is it not to share your bread with
the hungry,
And that you bring to your house the
poor who are cast out;
When you see the naked,**

**that you cover him,
And not hide yourself from your own
flesh?**

**⁸Then your light shall break forth
like the morning,
Your healing shall spring forth
speedily,
And your righteousness shall go
before you;
The glory of the LORD shall be your
rear guard.**

Isaiah 58:6-8 (NKJV)

Disciples Fast

To loose the bonds of wickedness
Isaiah 58:6

Matthew 17:14-21

Ezra Fast

To undo the heavy burdens
Isaiah 58:6

Ezra 8:23

Worship before the fast

Samual Fast

To let the oppressed go free

Isaiah 58:6

I Samual 7:6

Repent before the fast

Elijah Fast

To break every yoke

Isaiah 58:6

I Kings 19:4-8

40 days no food

Widow's Fast

**Is it not to share your bread with the
hungry,
And that you bring to your house the poor
who are cast out;
When you see the naked, that you cover
him,
And not hide yourself from your own flesh?
Isaiah 58:7**

I Kings 17:6

St. Paul Fast

God's light to break forth like the morning
Isaiah 58:8

Acts 9:9

3 days no food, no water, blindness

Daniel Fast

Your healing shall spring forth speedily
Isaiah 58:8

Daniel 1:8-15

10 Days Fruits and Vegetables

John the Baptist Fast

Your righteousness shall go out before you
Isaiah 58:8

Luke 1:15

Abstain from strong wine or alcohol

Esther Fast

The Lord shall be your rear guard
Isaiah 58:8

Esther 4:16

3 days no food, no water

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