

# PRAYER AND FASTING

## 10 BIBLICAL FASTS

1. **The Disciples Fast** (Matthew 17:20-21)  
Fasting for freedom from addiction
2. **The Ezra Fast** (Ezra 8:21-23)  
Fasting to solve problems
3. **The Samuel Fast** (1 Samuel 7:1-8)  
Fasting to bring revival
4. **The Elijah Fast** (1 Kings 19:2-18)  
Fasting to break crippling fears and psychological problems
5. **The Widow's Fast** (1 Kings 17:12)  
Fasting to provide for the needy
6. **The Apostle Paul's Fast** (Acts 9:9-19)  
Fasting for insight and decision making
7. **The Daniel Fast** (Daniel 1:12-20)  
Fasting for health and physical healing
8. **The John the Baptist Fast** (Luke 1:15)  
Fasting for an influential testimony
9. **The Esther Fast** (Esther 4:16)  
Fasting for protection from evil
10. **The Jesus Fast** (Matthew 4:1-11)

## STRONG ADVICE ON FASTING

1. **Study it first** (suggested reading below)
  - ***Fasting for Spiritual Breakthrough*** by Elmer Towns
  - ***The Coming Revival*** by Bill Bright
  - ***The Power of Prayer and Fasting*** by Ronnie Floyd
2. **Ask God if and how He wants you to fast**
3. **Inform your spouse and prayer partner**
4. **Keep your vow**