

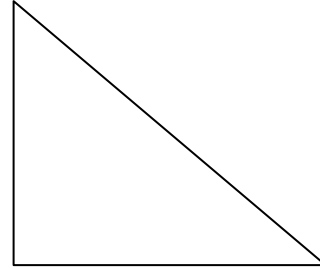
"Why Should I Fast?" - Daniel 10:1-3, 11-13

The Lord expects us to fast (Mt. 6:16-21) It is the Christian's secret weapon because it releases the power of God. Below is an overview of the spiritual discipline of fasting.

* Fasting means _____.

Why fast each week:

- To regularly _____ before God.
Daniel 10:12, 1 Kings 21:27-29
- To receive _____. (God's _____) James 4:6-7, 1 Peter 5:5-6
- To discipline one's _____. 1 Cor. 9:26-27
- To gain sensitivity to _____.
Luke 2:37, 5:34-35
- Improved _____. Isaiah 58:8,11



Why go on extended fasts: (over 2 days)

- To _____ yourself for ministry. Mark 9:29
- When a _____. Ex.8:21-23,
2 Chron. 20:3, Ester 4:16
- When you _____.
Dan.10:2-23, Neh. 1:4
- For the _____. Luke 4:1-2, 14

Lengths of Fasts: (incrementally is best)

- skip _____/week or day
- skip _____ meal... ..
- fast _____ (6pm until 6pm)
- fast _____ days, _____ days, _____, _____, _____, _____ days

Types of Fasts:

- _____ only (hardest)
- _____ fast
- Daniel Fast ("no tasty food") Dan. 10:3
_____, _____, _____

For Extended Fasts:(over 2 days)

- You must _____.
- May need more _____.
- Don't look for _____ or _____ to drop by.
- The _____ usually come later.
- Never fast to _____.
- Don't _____.
- No _____ or _____.

8. Ask the Lord when to _____ and when to _____.
9. Every fast seems _____.
10. You can feel _____ for 3 days or so.
11. Which can cause you to _____.
12. The _____.
13. Coated _____.
14. _____ and extra _____.
15. Lowered body _____.
16. _____ and dizziness.
17. You can DAMAGE YOUR BODY BY:
 - a. Lack of _____.
 - b. gorging yourself _____.
18. Learn to break a fast _____.
19. See your _____ prior if you have certain medical conditions.

You can't _____!