

**Understand The Fast**  
**Matt 6:17-18 (KJV)**  
**January 3, 2018**  
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Although fasting is not commanded in the Bible, it is expected of all believers in their Christian walk, for Matthew 6:17-18 says "when you fast." Jesus did not say, "if you fast" but rather "when you fast"; therefore Jesus reveals through scripture that fasting is expected of us; however, it is not commanded (for example, you are not committing sin by not fasting).

**A) Types of Fasts**

- 1) The Normal Fast involves abstaining from all solid and liquid food except for water.
- 2) The Absolute Fast involves abstaining from both food and drink. You should never stay on this fast more than three days unless under the direction of the Holy Spirit.
- 3) The Partial Fast involves abstaining from just certain foods. You can live on just certain foods during the duration of this fast such as bread and water, or you may choose to fast a certain meal each day.
- 4) The Daniel Fast consists of fruits, -vegetables, and water.
- 5) The Juice Fast consists of fruit and vegetable juices only.
- 6) The Television and Entertainment Fast involves setting aside television, radio, newspapers, and other forms of entertainment to seek the Lord.
- 7) The Water, Honey, & Lemon Fast is considered a cleansing fast. Squeeze ½ lemon in a cup of hot water and add honey to add flavor. This recipe can be used for an extended fast.

**B) Reasons for fasting – Isa 58:5-9 (KJV, TLB)**

- 1) *To bring justice*
- 2) *To undo heavy burdens and break the yoke of bondage*
- 3) *To free the oppressed and loose the bands of wickedness*
- 4) *To share food*
- 5) *To provide shelter for the poor*
- 6) *To clothe the naked*
- 7) *To provide for one's family*
- 8) To Mourn and Repent – Dan 10:2-3
- 9) To Receive God's Instructions - Exodus 34:28