

# ***What About Fasting?***

We all know prayer is important, but what about fasting?  
The Nazarene World Week of Prayer would be a perfect time to practice this spiritual discipline. Join with a friend to intercede for the church around the world.

## ***Nine Fasts God Can Use*** (Isaiah 58:6-8)

Disciple's Fast – "To loose the bands of wickedness"

Ezra Fast – "To undo the heavy burdens"

Samuel Fast – "To let the oppressed go free"

Elijah Fast – "To break every yoke"

Widow's Fast – "To share our bread with the hungry"

Paul Fast – "To allow God's light to break forth like the morning"

Daniel Fast – "Your health shall spring forth"

John the Baptist Fast – "That your righteousness shall be with you"

Esther Fast – "That the glory of the Lord will protect us from the evil one"

## ***What To Do During a Fast***

Early morning – Read 3 chapters of the Old Testament and 3 of the New Testament.

Mid-morning – Read 2 Psalms and 2 Proverbs, making notes in the margins.

Noon – Pray 30 minutes alone or with a prayer partner.

Mid-afternoon – Meditate upon God's goodness for 10 minutes and rest for 20 minutes.

Early evening – Intercessory prayer with daily, weekly, and monthly lists. Pray 5 minutes each hour until retiring to bed.

Late evening – Worship with music, poetry and/or praise for 20 minutes.