

# *Nine Fasts God Can Use*

Following are nine different fasts and how God can use them. Look at these nine fasts and discover the potential of each fast in your life.

- A. **The Disciple's Fast** is designed "to loose the bonds of wickedness" in your life (Isaiah 58:6). In what areas of your life do you have difficulty breaking free of bondage and/or addictions to sin?
- B. **The Ezra Fast** is designed to "undo the heavy burdens" in your life (v.6). Which problems in your life are significant enough for you to consider this approach to fasting?
- C. **The Samuel Fast** is designed to "bring liberty to the oppressed" (see. V.6). If you were to fast for revival, what changes would you anticipate in your life?  
What changes might you anticipate in your church?  
Who might come to personal faith in Christ if you were to fast for their salvation?
- D. **The Elijah Fast** is designed to "break every yoke" (v.6) in your life. What is your greatest personal concern causing you mental and/or emotional anguish?  
How might the Elijah Fast help you cope with this difficulty?
- E. **The Widow's Fast** is designed as a means of meeting the humanitarian needs of others (see v.7). What humanitarian needs are significant enough to motivate you to fast for them?  
Is there a particular people group for whom you are most likely to fast?
- F. **The Saint Paul Fast** is designed to help you gain insight in the process of making important decisions (see v.8). What significant decisions do you anticipate facing in the next few months?  
Which of these would be a worthy object of this fast?
- G. **The Daniel Fast** is designed to improve your health and/or gain healing (see v.9). If you were to participate in the Daniel Fast, what changes would you need to make in your lifestyle?  
What kinds of foods would be eliminated from or added to your diet?
- H. **The John the Baptist Fast** is designed "to enhance your testimony and influence for Jesus" (see v.8). How would you like others to think of you?  
How could this fast help you establish that kind of character?
- I. **The Esther Fast** is designed to protect you from the evil one (see v.8). Is there a particular danger you are facing in your life?  
Perhaps you have a particular burden for someone in a difficult situation or someone in a unique ministry situation. For whom would you be fasting if you used this fast?