



**HOW TO FAST FOR TANGIBLE  
AND LASTING RESULTS.**

**ALL SCRIPTURE QUOTED IS KJV AND NKJV.  
PLEASE READ CAREFULLY AND DO NOT SKIP THIS PAGE.**

## **WHY FAST AT ALL?**

Jesus Christ admonishes us to follow a principle that He practiced so well in His earthly ministry.

He taught us that certain things or situations would not go or move without fasting and praying.

***PLEASE READ: Mark 9: 29.***

There are different types of fasts, and all are equally effective ONCE you are empowered and led by Holy Spirit.

Only a few of the types of fasts will be touched on in this short reading.

I recommend you ask Holy Spirit to help you anytime you want to embark on a fasting journey.

He will grant you the much-needed grace to commit to your fast until you reach your desired goals.

Remember the goal of this fast and any fast is to change you, and the circumstances around you.

Strongholds within and outside, you will be destroyed as you pray God's word.

Always remember this is not a bribe for God remains all-powerful and all-knowing. He never changes. He is dependable and faithful.

Fasting has been used by all generations for engaging our spirits in the unseen realm.

It is a quest for divine power to be released and enforced over the natural world.

*Welcome to a life of victory in Christ Jesus.*

## TYPE 1:

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# TOTAL FAST

***NO FOOD, NO WATER.***

You can fast by abstaining from food and water for a specified time.

Look at this principle when a whole nation was about to be wiped out by the forces of darkness.

***Esther chapter 4 verse 16.”***

Go and gather all the Jews instruction them to fast for me, and neither eat nor drink three days, night or day. I also and my maids will fast as you do: I will go inun to the king, which is against the law; and if I perish I perish!”The outcome was a victory for the people of Adonai.

## TYPE 2:

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# PARTIAL FAST

This is usually No Food alone. Warm water during the fast is highly recommended.

## TYPE 3:

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# FRUITS, VEGETABLES, LEGUMES AND WATER ONLY.

This is recommended for those who want to deny themselves of choice food and drinks to subdue the flesh, so your spirits are tuned with the nature of God without totally leaving out food and water.

This fast may sound simple, but it is a way to subdue the flesh effectively.

This is highly recommended for the aged and those who have health issues.

It is the way of making their body have enough nutrients at the same time deny the body of pleasure and satisfaction.

Daniel Chapter 1:12, we see Daniel and his friends retain allegiance and commitment to a higher power than the power of the king of the nation they found themselves.

## TYPE 4:

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You eat regular meals but abstain from sugar and sugary beverages and all savory foods and meats including fish.

# VITAL POINTS:

If you have extreme situations like post surgery, completely new to fasting with a medical condition or a pregnant and new mother, please consult your doctor before embarking on any fast.

## A

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### **BE CLEAN AND JOYFUL DURING YOUR FAST.**

*In Matthew chapter 6:17 -18*

Jesus Christ encourages us with these words:

“But when you fast anoint your head and wash your face so that you do not appear to men to be fasting, but to your Father who is in the secret place; and your Father who sees in secret will reward you openly.”

## B

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### **FOR MARRIED COUPLES.**

*Please be in agreement with your spouse on this journey.*

First Corinthians Chapter 7: 5

“Do not deprive each other of sexual relations unless you both agree to refrain from sexual intimacy for a limited time so you can give yourselves more completely to prayer.

Afterward, you should come together again so that Satan won't be able to tempt you because of your lack of self-control.”

# C

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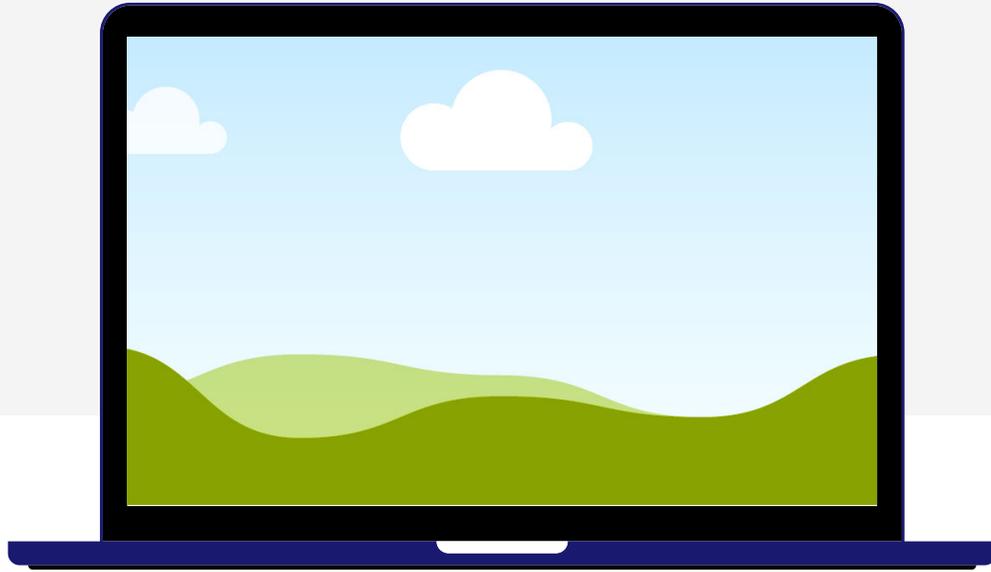
## READ THE BIBLE OUT LOUD

There is so much power in God's word when you read it out loud. Not only does your spirit man get fed by the reading of the word of God, but the environment around you also responds to the life in the scriptures you are reading out.

You may not see it, but the more you practice this, you will find a lot of strength comes to you, and you are more discerning.

**Please practice the art of reading the Bible out loud.**

- Be Very Mindful of What You Eat and How You Treat Your Body. (This cannot be overemphasized.)
- Avoid sugar and over processed foods.
- Increase your vitamin intake.
- Sleep as much as you can.



**GOD BLESS AND INCREASE YOUR SPIRITUAL STAMINA AND CAPACITY AS YOU FOLLOW THE PATH OF SELF DENIAL.**

**Send your questions and comments to Team Awesome @ The WellXP.**



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