



5 BREAKTHROUGH BENEFITS OF FASTING

21-DAY BREAKTHROUGH FAST

Fred A. Hartley, III

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"Is not this the kind of fasting I have chosen?" Isaiah 58:6

1. Breakthrough Seeking

"Then you will call ... you will cry for help." Isaiah 58:9a

Fasting develops laser-like focus in our God-seeking. Seeking feeds spiritual hunger. Fasting provides extended time for God to burn out the wood, hay and stubble of little prayers enabling us to focus on the main assignment of God's Kingdom purposes.

2. Breakthrough Revelation

"Then your light will break forth like the dawn, and your healing will quickly appear; Then your righteousness will go before you, and the glory of the Lord will be your rearguard." Isaiah 58:8

"Then your light will rise in the darkness, and your night will become like the noon day." Isaiah 58:10b

Fasting heightens our ability to hear the voice of the Holy Spirit. Fasting provides us with breakthrough revelation.

» Moses on Mt. Sinai.

3. Breakthrough Receiving

"Then you will call, and the Lord will answer; you will cry for help, and he will say: Here am I." Isaiah 58:9a

Fasting is a heightened season of seeking that guarantees an increased season of receiving game-changer answers to prayer.

» Nehemiah 1

» Jonah 3

» 2 Chronicles 20

4. Breakthrough Preparation

"The Lord will guide you always; he will satisfy your needs in a sun-scorched land and will strengthen your frame. You will be like a well-watered garden, like a spring whose waters never fail." Isaiah 58:11

"Your people will rebuild the ancient ruins and will raise up the age-old foundations; you will be called Repairer of Broken Walls, Restorer of Streets with Dwellings." Isaiah 58:12

Fasting uniquely prepares us to walk in heightened sensitivity to the Holy Spirit, in obedience, in God-dependence.

- » Jesus' 40-day fast
- » Daniel 1

5. Breakthrough Deliverance

"To loose the chains of injustice and untie the cords of the yoke, to set the oppressed free and break every yoke." Isaiah 58:6

"Is it not to share your food with the hungry and to provide the poor wanderer with shelter – when you see the naked to clothe him, and not to turn away from your own flesh and blood?" Isaiah 58:7

"If you do away with the yoke of oppression, with the pointing finger and malicious talk, and if you spend yourselves in behalf of the hungry and satisfy the needs of the oppressed ..." Isaiah 58:9b-10a

Fasting provides a unique context for ever-expanding deliverance from ingrained sin and generational strongholds.

PRACTICAL GUIDELINES FOR BREAKTHROUGH FASTING

1. Read the Bible more than you pray. Many people think you need to spend the whole time praying while fasting. Not true. You actually want to spend more time reading widely in the Bible than you are praying, particularly during the first half of the fast. Let God's Word come alive. Let God speak to you during the fast. If you are in the pattern of using a daily devotional during your private God-time, we recommend eliminating any supplemental tools during the fast and simply immerse yourself in God's Word. Why eat someone else's predigested thoughts? Let God speak to you directly from His Word.
2. Narrow your focus. You may start off with a dozen requests you want to receive from God during your fast, but allow God to narrow your focus to a razor-sharp point during the fast. He will identify the most strategic item He wants to give to you.
3. Spend time journaling. Write what you ask and write what you receive. Itemize the specific requests you are asking from God and watch how He answers.
4. Pray the Word. More than reading the Scripture, you want to receive promises from God that you can pray back to God. This will make your prayer life come alive.

5. Look and listen. As you journal, pray with your eyes open. Write down every where you see God working and every word you hear Him saying. [During one fast I received 144 specific answers to prayer.]
6. Connect with new people. God tears down walls during a fast – walls that have stood between us and other people. This is part of “Do not hide yourself from your own flesh and blood” (Isaiah 58:7). We traditionally think fasting is a time of isolation; no way! During a fast is when God wants us to connect with new people.
7. Go deeper. God wants to use the fast to expose impurities in your soul – mind, will and emotions. He will bring toxic waste to the surface that He wants to remove. Allow the plow blade of God’s Word to dig deeper in your soul.
8. Get free. God uses every fast to bring deeper levels of freedom to our lives. You should end your fast both lighter and freer.
9. Humble yourself. There is no doubt about it, fasting declares war on our sinful nature. God wants us to die to self and learn death-to-self during a fast. “If anyone would come after me, he must deny himself and take up his cross and follow me.” Matthew 16:24
10. Keep secrets. Though many of us cannot keep the fact that we are fasting a secret, you can still keep many things secret during a fast. The deep things we receive from God, the conviction of sin, new steps of obedience, new assignments, words from the Holy Spirit – these are all things that we want to keep secret. “Your father who sees in secret will reward you openly.” Matthew 6:18

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