

Isaiah 58

God's Chosen Fast

In Isaiah 58 God gives us a model for fasting. He calls us to fast in order to:

- Loosen the bonds of wickedness
- Undo heavy burdens
- Let the oppressed go free
- Break every yoke
- Give bread to the hungry and provide the poor with housing
- Allow the people's light to break forth like the morning
- Cause their health to spring forth speedily
- Cause their righteousness to go before them
- Cause the glory of the Lord to be their reward (or "rear guard")

Different Types of Fasts

Yes, Everyone Can Fast!

(Please consult your Doctor before starting any type of food fast that would affect your health)

The Absolute Fast. Abstaining from solid or liquid but not from water.

The Partial Fast. Abstaining from certain foods (such as meat) or abstaining from all foods for a portion of the day.

John Wesley Fast. Eating only bread and drinking only water.

Jewish Fast. Abstaining from food from Sunup to Sundown.

Liquid Fast. Abstaining from solid food but allowing for liquids, such as fruit juice.

Media Fast. A fast that involves abstaining from exposure to the media, especially TV.

Telephone Fast. A fast that involves abstaining from the use of the telephone.

Widow's Fast. A fast to provide for the needs of others, especially their humanitarian needs such as food and clothing.

A Prayer Guide For Our Nation

1. Pray for our Families, Churches, Cities, States & Nation. (Proverbs 3:5-6)
2. Pray for our Pastors, Leaders, President, Government Officials, Doctors, Teachers & Attorneys. (I Timothy 2:1-4)
3. Pray for our Local, State, & Federal Judges. (Proverbs 20:23)
4. Pray that God would give us godly men & women as leaders who fear the Lord and honor Him. (II Samuel 23:3-4)
5. Pray that God would give us leaders who value America as a beacon of hope and freedom for the entire world. (Proverbs 8:15-16)
6. Pray that Christians in America continue register & vote in upcoming elections. (Romans 13:1-7)
7. Pray that Americans of faith will continue to vote their values instead of their political party.
8. Pray that God will bless your efforts to engage our culture & claim it for Christ. Remember only you can elect your future!

Phoenix First Assembly Prayer Ministry
Prayer Pavilion of Light
602-404-7422
Prayer365@phoenixfirst.org
www.prayerpavilion.org