



INTERMITTENT FASTING

An eating pattern where a person cycles between periods of fasting and eating

16/8 METHOD

FASTING

The willful refrainment of something

Biblical fasting isn't just about refrainment, it's about replacement

Daniel 10:1-14 (ESV)

¹ In the third year of Cyrus king of Persia a word was revealed to Daniel, who was named Belteshazzar. And the word was true, and it was a great conflict. And he understood the word and had understanding of the vision. ² In those days I, Daniel, was mourning for three weeks. ³ I ate no delicacies, no meat or wine entered my mouth, nor did I anoint myself at all, for the full three weeks. ⁴ On the twenty-fourth day of the first month, as I was standing on the bank of the great river (that is, the Tigris) ⁵ I lifted up my eyes and looked, and behold, a man clothed in linen, with a belt of fine gold from Uphaz around his waist. ⁶ His body was like beryl, his face like the appearance of lightning, his eyes like flaming torches, his arms and legs like the gleam of burnished bronze, and the sound of his words like the sound of a multitude. ⁷ And I, Daniel, alone saw the vision, for the men who were with me did not see the vision, but a great trembling fell upon them, and they fled to hide themselves. ⁸ So I was left alone and saw this great vision, and no strength was left in me. My radiant appearance was fearfully changed, and I retained no strength.

⁹ Then I heard the sound of his words, and as I heard the sound of his words, I fell on my face in deep sleep with my face to the ground. ¹⁰ And behold, a hand touched me and set me trembling on my hands and knees. ¹¹ And he said to me, "O Daniel, man greatly loved, understand the words that I speak to you, and stand upright, for now I have been sent to you." And when he had spoken this word to me, I stood up trembling. ¹² Then he said to me, "Fear not, Daniel, for from the first day that you set your heart to understand and humbled yourself before your God, your words have been heard, and I have come because of your words. ¹³ The prince of the kingdom of Persia withstood me twenty-one days, but Michael, one of the chief princes, came to help me, for I was left there with the kings of Persia, ¹⁴ and came to make you understand what is to happen to your people in the latter days. For the vision is for days yet to come."

Daniel 10:1-3 (ESV)

¹ In the third year of Cyrus king of Persia a word was revealed to Daniel, who was named Belteshazzar. And the word was true, and it was a great conflict. And he understood the word and had understanding of the vision. ² In those days I, Daniel, was mourning for three weeks. ³ **I ate no delicacies, no meat or wine entered my mouth, nor did I anoint myself at all, for the full three weeks.**

Daniel 10:12 (ESV)

¹² Then he said to me, "Fear not, Daniel, for from the first day that you set your heart to understand and humbled yourself before your God, your words have been heard, and I have come because of your words."

Daniel 10:3 (ESV)

³ I ate no delicacies, no meat or wine entered my mouth, nor did I anoint myself at all, for the full three weeks.

Daniel 10:12-13 (ESV)

¹² Then he said to me, "Fear not, Daniel, for from the first day that you set your heart to understand and humbled yourself before your God, your words have been heard, and I have come because of your words."
¹³ The prince of the kingdom of Persia withstood me twenty-one days.

Daniel 10:17 (ESV)

¹⁷ How can my lord's servant talk with my lord? For now no strength remains in me, and no breath is left in me."

Daniel 10:19 (ESV)

¹⁹ And he said, "O man greatly loved, fear not, peace be with you; be strong and of good courage." And as he spoke to me, I was strengthened and said, "Let my lord speak, for you have strengthened me."

2 Corinthians 12:9b (ESV)

^{9b} "My grace is sufficient for you, **for my power is made perfect in weakness.**"

**Why did Jesus fast before the fight?
Because God's power is made
perfect in weakness**

2 Corinthians 12:10 (ESV)

^{9b} For the sake of Christ, then, I am content with weaknesses, insults, hardships, persecutions, and calamities. **For when I am weak, then I am strong.**

**Are you willing to pursue earthly
weakness to experience heavenly
strength?**

**Fast from something that's important to
you and replace that thing with prayer**

Matthew 6:16-18 (ESV)

¹⁶ "And when you fast, do not look gloomy like the hypocrites, for they disfigure their faces that their fasting may be seen by others. Truly, I say to you, they have received their reward. ¹⁷ But when you fast, anoint your head and wash your face, ¹⁸ that your fasting may not be seen by others but by your Father who is in secret. And your Father who sees in secret will reward you.

**Fast from something that's important to
you and replace that thing with prayer**

