

# THRIVING IN BABYLON

PART 8

A FAST WAY TO DISTINGUISH YOURSELF

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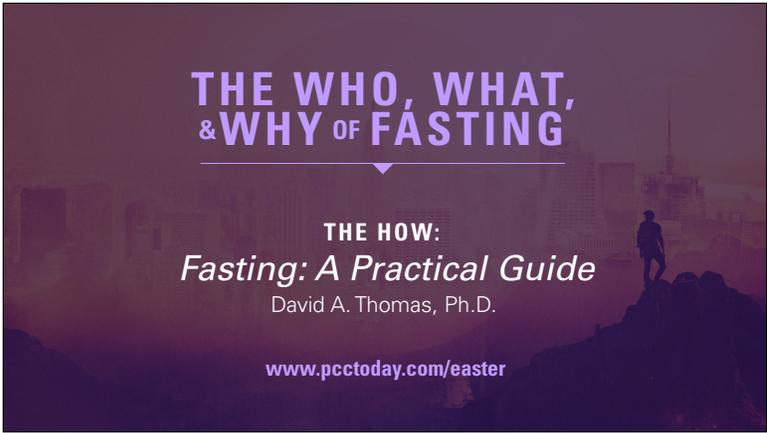
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## THE WHO, WHAT, & WHY OF FASTING

THE HOW:

*Fasting: A Practical Guide*

David A. Thomas, Ph.D.

[www.pcctoday.com/easter](http://www.pcctoday.com/easter)

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## WHO

FASTED IN THE BIBLE?

Generally, all Jews fasted.

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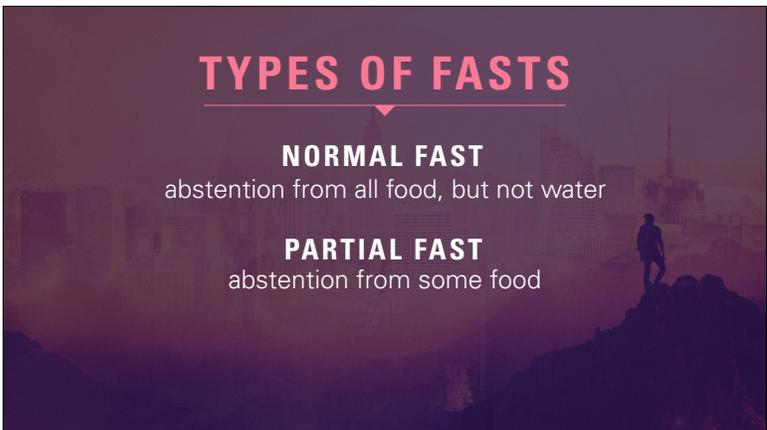
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## TYPES OF FASTS

### NORMAL FAST

abstention from all food, but not water

### PARTIAL FAST

abstention from some food

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

DANIEL 10:3, ESV

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## TYPES OF FASTS

### NORMAL FAST

abstention from all food, but not water

### PARTIAL FAST

abstention from some food

### ABSOLUTE FAST

no food and water during a relatively short period

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## DANIEL'S FAST

### NOTE:

Fasting is what initially distinguished Daniel from Babylonian culture.

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## WHO FASTED IN THE BIBLE?

**Specifically, Daniel fasted.**

"Daniel resolved not to defile himself with the royal food and wine, so he requested of the chief official not to defile himself this way... 'Please test us for ten days: Give us nothing but vegetables and water.'"

DANIEL 1:8, 12

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# WHO'S WHO OF FASTERS

## MOSES

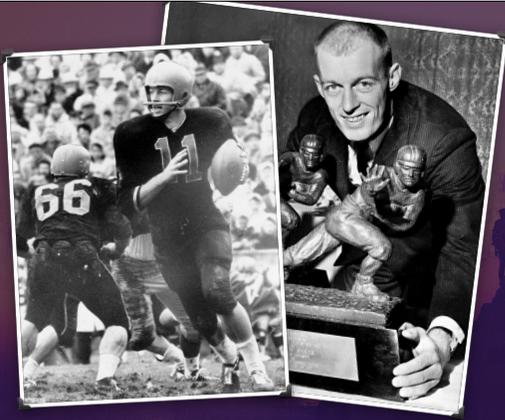
40 days on Mt. Sinai

## JESUS

40 days in the wilderness

JOSHUA  
DAVID  
EZRA  
NEHEMIAH

JOHN'S DISCIPLES  
ANNA  
THE APOSTLES  
PAUL & BARNABAS



## When you want to be great at something, mimic the greats.

If you want the faith of Bible heroes, then do what the Bible heroes did: They practiced fasting.

## WHAT IS FASTING?

To abstain from *all food and drink* for a spiritual purpose, if it is just one day.

To abstain from *certain food*, if it is a longer fast.

To set aside physical comforts for a spiritual purpose—namely, to connect with God.

# WHY FASTING?

1. To repent of sin. **JONAH 3:5**
2. Because of mourning. **2 SAMUEL 1:12**
3. When seeking God's provision. **EZRA 8:21-23**
4. To prepare for spiritual service or a significant event. **MATTHEW 4:2, ESTHER 4:15**
5. In times of despair. **DANIEL 6:18**
6. To secure a spiritual breakthrough. **DANIEL 10:2,3**
7. To distinguish oneself from sinful culture. **DANIEL 1:8**

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What should you fast from as a statement that distinguishes you in your Babylon?

**In order to be RIGHTEOUS, you must do RIGHT things.**

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**When we take a resolved stand, others will be watching.**



"As for these four youths, God gave them learning and skill in all literature and wisdom, and Daniel had understanding in all visions and dreams."

**DANIEL 1:17**

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God made Daniel **STAND ABOVE** all others because he **STOOD APART** from them.

"At the end of the set time, Nebuchadnezzar talked with them and found none their equal; so they entered the king's service. In every matter of wisdom and understanding about which the king asked them, he found them ten times better than all the magicians and enchanters in his whole kingdom."

**DANIEL 1:18-20**

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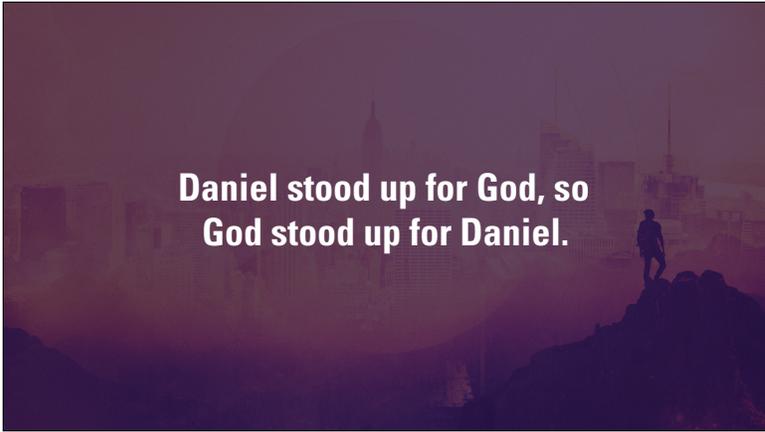
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**Daniel stood up for God, so  
God stood up for Daniel.**

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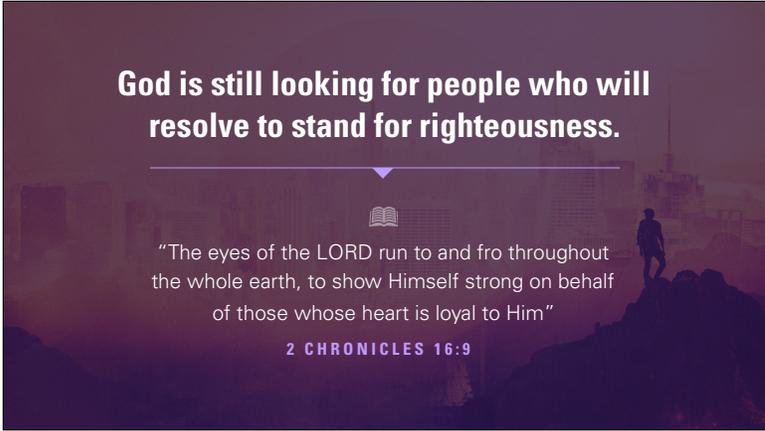
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**God is still looking for people who will  
resolve to stand for righteousness.**



“The eyes of the LORD run to and fro throughout  
the whole earth, to show Himself strong on behalf  
of those whose heart is loyal to Him”

**2 CHRONICLES 16:9**

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A “Fast” Way To Distinguish Yourself:

**Stand apart and you will stand above!**

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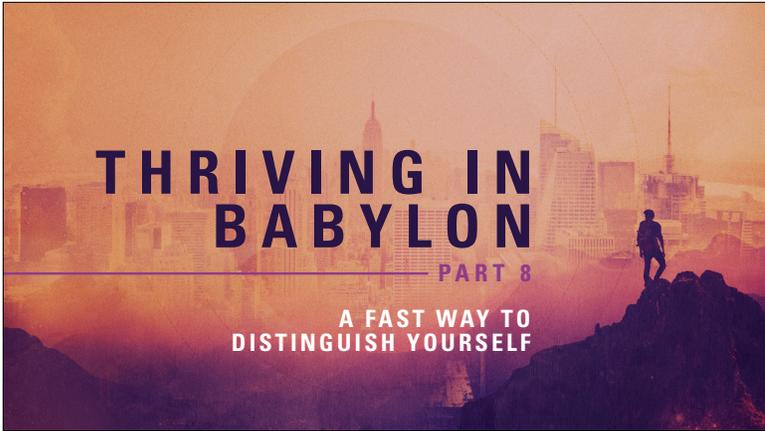
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