

Biblical 1-Day Fast

Partial or Total



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Scriptural One-Day Fasts

There are other examples of a one-day fast. However, we will only share one biblical example. In 2 Chronicles chapter twenty, Jehoshaphat the king of Judah, had a great army to come against him with the intent to attack (V.1, 2). He feared, proclaimed a one-day fast throughout Judah, and they all came together to seek the Lord (v. 3, 4). Then the Lord spoke to Jehoshaphat and all Judah through a Levite prophet and said that the battle was not theirs, but His (v. 15). Then God gave him specific details on what he must do (verses 16, 17). The next day king Jehoshaphat appointed singers to go before the army and the enemy was smitten by their own hands (verses 21-24). It took three days for the spoils of riches and precious jewels to be carried off from the dead bodies of the armies (verse 25). On the fourth day they met in a valley to bless the Lord (verse 26). What a miraculous act of deliverance and accumulation of wealth because of fasting, praying and seeking God.

Whether you sacrifice activities and physical pleasures or not, the abstinence of food should always be included in your fasting. The decision whether you fast a meal, certain types of food, or all food for the entire fasting period remains between you and the Holy Spirit. It is important to keep in mind medications and other directions from your doctor.

To learn more about fasting, visit our website by [clicking here](#). While you are visiting the site check out the informative [FAQ's](#) section with detailed answers to a list of questions.