

## Fasting.

### Developing a Hunger For God.

1 Timothy 4:1 Now the Spirit expressly says that in latter times some will depart from the faith, giving heed to deceiving spirits and doctrines of demons, ... (3) and commanding to abstain from foods which God created to be received with thanksgiving by those who believe and know the truth. (4) For every creature of God is good, and nothing is to be refused if it is received with thanksgiving.

#### How should we fast?

Jonah 3:5-8 So the people of Nineveh believed God, proclaimed a fast, and put on sackcloth, from the greatest to the least of them. 6 Then word came to the king of Nineveh; and he arose from his throne and laid aside his robe, covered *himself* with sackcloth and sat in ashes. 7 And he caused *it* to be proclaimed and published throughout Nineveh by the decree of the king and his nobles, saying, Let neither man nor beast, herd nor flock, taste anything; do not let them eat, or drink water. 8 But let man and beast be covered with sackcloth, and cry mightily to God; yes, let every one turn from his evil way and from the violence that is in his hands. Jonah 1:2 "...Their wickedness has come up before me."

Luke 2:36-37 Now there was one, Anna, a prophetess, the daughter of Phanuel, of the tribe of Asher. She was of a great age, and had lived with a husband seven years from her virginity; 37 and this woman was a widow of about eighty-four years, who did not depart from the temple, but served God with feasting's and prayers night and day. 38b ..."spoke of Him to all those who looked for redemption in Jerusalem."

#### Normal Fast.

Matthew 4:2 And when He had fasted forty days and forty nights, afterward He was hungry. Luke 4:2 ... And in those days He ate nothing, and afterward, when they had ended, He was hungry.

#### Partial fast.

Daniel 1:12 "Please test your servants for ten days, and let them give us vegetables to eat and water to drink. Matthew 3:4 Now John himself was clothed in camel's hair, with a leather belt around his waist; and his food was locusts and wild honey.

#### Absolute fast.

Ezra 10:6 Then Ezra rose up from before the house of God, and went into the chamber of Jehohanan the son of Eliashib; and when he came there, he ate no bread and drank no water, for he mourned because of the guilt of those from the captivity. Esther 4:16 "Go, gather all the Jews who are present in Shushan, and fast for me; neither eat nor drink for three days, night or day. My maids and I will fast likewise. And so I will go to the king, which is against the law; and if I perish, I perish!" Acts 9:9 And he was three days without sight, and neither ate nor drank.

#### Supernatural fast.

Deuteronomy 9:9 When I went up into the mountain to receive the tablets of stone, the tablets of the covenant which the Lord made with you, then I stayed on the mountain forty days and forty nights. I neither ate bread nor drank water. And perhaps also 1 Kings 19:8 So he arose, and ate and drank; and he went in the strength of that food forty days and forty nights as far as Horeb, the mountain of God.

#### Private fast.

Matthew 6:16-18 "Moreover, when you fast, do not be like the hypocrites, with a sad countenance. For they disfigure their faces that they may appear to men to be fasting. Assuredly, I say to you, they have their reward. 17 But you, when you fast, anoint your head and wash your face, 18 so that you do not appear to men to be fasting, but to your Father who is in the secret place; and your Father who sees in secret will reward you openly.

#### Congregational fast.

Joel 2:15-16 Blow the trumpet in Zion, Consecrate a fast, Call a sacred assembly; 16 Gather the people, Sanctify the congregation, Assemble the elders, Gather the children and nursing babes; Let the bridegroom go out from his chamber, And the bride from her dressing room. Acts 13:1-2 Now in the church that was at Antioch there were certain prophets and teachers: Barnabas, Simeon who was called Niger, Lucius of Cyrene, Manaen who had been brought up with Herod the tetrarch, and Saul. 2 As they ministered to the Lord and fasted, the Holy Spirit said, "Now separate to Me Barnabas and Saul for the work to which I have called them." 3 Then, having fasted and prayed, and laid hands on them, they sent them away.

#### National fast.

2 Chronicles 20:3 And Jehoshaphat feared, and set himself to seek the Lord, and proclaimed a fast throughout all Judah. Esther 4:16 "Go, gather all the Jews who are present in Shushan, and fast for me; neither eat nor drink for three days, night or day. My maids and I will fast likewise. And so I will go to the king, which is against the law; and if I perish, I perish!"

#### Regular fast.

Luke 18:12 I fast twice a week; I give tithes of all that I possess.'

#### Occasional fast.

2 Chronicles 20:2-3 Then some came and told Jehoshaphat, saying, "A great multitude is coming against you from beyond the sea, from Syria; and they are in Hazazon Tamar" (which is En Gedi). 3 And Jehoshaphat feared, and set himself to seek the Lord, and proclaimed a fast throughout all Judah.

#### Involuntary fast.

Matthew 15:32 Now Jesus called His disciples to Himself and said, "I have compassion on the multitude, because they have now continued with Me three days and have nothing to eat. And I do not want to send them away hungry, lest they faint on the way."

1 Corinthians 7:5 Do not deprive one another except with consent for a time, that you may give yourselves to fasting and prayer...

Luke 8:14 "Now the ones that fell among thorns are those who, when they have heard, go out and are choked with cares, riches, and pleasures of life, and bring no fruit to maturity."

#### For what reasons should we fast?

Isaiah 58:3 'Why have we fasted,' *they say*, 'and You have not seen? *Why* have we afflicted our souls, and You take no notice?' "In fact, in the day of your fast you find pleasure, And exploit all your laborers. 4 Indeed you fast for strife and debate, And to strike with the fist of wickedness. You will not fast as *you do* this day, To make your voice heard on high."

Matthew 17:20-21 ... "Because of your unbelief; for assuredly, I say to you, if you have faith as a mustard seed, you will say to this mountain, 'Move from here to there,' and it will move; and nothing will be impossible for you. 21 However, this kind does not go out except by prayer and fasting."

Luke 5:33 ..., "Why do the disciples of John fast often and make prayers, and likewise those of the Pharisees, but Yours eat and drink?"

Daniel 9:3 Then I set my face toward the Lord God to make request by prayer and supplications, with fasting, sackcloth, and ashes.

Joel 2:12 "Now, therefore," says the Lord, "Turn to Me with all your heart, With fasting, with weeping, and with mourning."

1 Kings 21:27-29 So it was, when Ahab heard those words, that he tore his clothes and put sackcloth on his body, and fasted and lay in sackcloth, and went about mourning. 28 And the word of the Lord came to Elijah the Tishbite, saying, 29 "See how Ahab has humbled himself before Me? Because he has humbled himself before Me, I will not bring the calamity in his days. In the days of his son I will bring the calamity on his house."

Psalms 35:11-14 Fierce witnesses rise up; They ask me *things* that I do not know. 12 They reward me evil for good, **To** the sorrow of my soul. 13 But as for me, when they were sick, My clothing **was** sackcloth; I humbled myself with fasting; And my prayer would return to my own heart. 14 I paced about as though he were my friend or brother; I bowed down heavily, as one who mourns for his mother.

Acts 13:1-2 Now in the church that was at Antioch there were certain prophets and teachers: Barnabas, Simeon who was called Niger, Lucius of Cyrene, Manaen who had been brought up with Herod the tetrarch, and Saul. 2 As they ministered to the Lord and fasted, the Holy Spirit said, "Now separate to Me Barnabas and Saul for the work to which I have called them."

Acts 14:23 So when they had appointed elders in every church, and prayed with fasting, they commended them to the Lord in whom they had believed.

2 Samuel 1:11-12 Therefore David took hold of his own clothes and tore them, and **so did** all the men who **were** with him. 12 And they mourned and wept and fasted until evening for Saul and for Jonathan his son, for the people of the Lord and for the house of Israel, because they had fallen by the sword.

2 Samuel 12:15-17 "...And the Lord struck the child that Uriah's wife bore to David, and it became ill. 16 David therefore pleaded with God for the child, and David fasted and went in and lay all night on the ground. 17 So the elders of his house arose and went to him, to raise him up from the ground. But he would not, nor did he eat food with them."

2 Chronicles 20:3-4 And Jehoshaphat feared, and set himself to seek the Lord, and proclaimed a fast throughout all Judah. 4 So Judah gathered together to ask help from the Lord; and from all the cities of Judah they came to seek the Lord.

Isaiah 58:6-7 "**Is** this not the fast that I have chosen: To loose the bonds of wickedness, To undo the heavy burdens, To let the oppressed go free, And that you break every yoke? 7 **Is it** not to

share your bread with the hungry, And that you bring to your house the poor who are cast out; When you see the naked, that you cover him, And not hide yourself from your own flesh?"

Luke 2:37 "She did not depart from the temple, worshiping with fasting and prayer night and day." (paraphrase)

1 Timothy 4:1-3 Now the Spirit expressly says that in latter times some will depart from the faith, giving heed to deceiving spirits and doctrines of demons, 2 speaking lies in hypocrisy, having their own conscience seared with a hot iron, 3 forbidding to marry, and commanding to abstain from foods which God created to be received with thanksgiving by those who believe and know the truth.

Colossians 2:20-21 Therefore, if you died with Christ from the basic principles of the world, why, as **though** living in the world, do you subject yourselves to regulations— 21 "Do not touch, do not taste, do not handle,"

1 Corinthians 8:8 But food does not commend us to God; for neither if we eat are we the better, nor if we do not eat are we the worse.

1 Corinthians 6:12-13 All things are lawful for me, but all things are not helpful. All things are lawful for me, but I will not be brought under the power of any. 13 Foods for the stomach and the stomach for foods, but God will destroy both it and them.

2 Corinthians 11:27 in weariness and toil, in sleeplessness often, in hunger and thirst, in fastings often, in cold and nakedness—

2 Corinthians 6:5 in stripes, in imprisonments, in tumults, in labors, in sleeplessness, in fastings; Philippians 3:7-8 we read, 7 But what things were gain to me, these I have counted loss for Christ. 8 Yet indeed I also count all things loss for the excellence of the knowledge of Christ Jesus my Lord, for whom I have suffered the loss of all things, and count them as rubbish, that I may gain Christ.

Matthew 9:14-17 Then the disciples of John came to Him, saying, "Why do we and the Pharisees fast often, but Your disciples do not fast?" 15 And Jesus said to them, "Can the friends of the bridegroom mourn as long as the bridegroom is with them? But the days will come when the bridegroom will be taken away from them, and then they will fast. 16 No one puts a piece of unshrunk cloth on an old garment; for the patch pulls away from the garment, and the tear is made worse. 17 Nor do they put new wine into old wineskins, or else the wineskins break, the wine is spilled, and the wineskins are ruined. But they put new wine into new wineskins, and both are preserved."

Luke 18:7-8 "And shall God not avenge His own elect who cry out day and night to Him, though He bears long with them? 8 I tell you that He will avenge them speedily. Nevertheless, when the Son of Man comes, will He really find faith on the earth?"

Matthew 24:14 And this gospel of the kingdom will be preached in all the world as a witness to all the nations, and then the end will come.

Matthew 6:16-18 "Moreover, when you fast, do not be like the hypocrites, with a sad countenance. For they disfigure their faces that they may appear to men to be fasting. Assuredly, I say to you, they have their reward. 17 But you, when you fast, anoint your head and wash your face, 18 so that you do not appear to men to be fasting, but to your Father who is in the secret place; and your Father who sees in secret will reward you openly.