

## Why Should I Fast?

Reasons others have fasted:

1. Mourn a loss
2. Grieve over personal sin
3. Humble oneself before God
4. Personal dilemma.
5. Crisis threatens family, church or nation
6. Seek the Lord
7. It is habitual worship and self-control.

## How?

1. Clarify your reason(s) for this fast
  - ◆ It ALWAYS involves a sacrifice of one's personal will.
2. Decide the type of fast.
  - Food
  - Other appetite/craving \_\_\_\_\_
3. Plan the extent of the fast
  - Partial
  - Complete
4. Choose the length of the fast
  - \_\_\_ meal time(s) each day
  - \_\_\_ days
5. Pray – spend the time in worship
6. Expect the benefits
  - Spiritual
  - Emotional
  - Physical
  - Mental
7. Do it!

## How Will God Respond?

We know that God has given us His Holy Word that we may know His. He has given every Christian His Holy Spirit that we may know Him!

The Almighty is remarkably consistent when He responds to an individual who fasts and prays.

List seven of the dependable responses of God when one fasts and prays:

1. Un\_\_\_\_\_ – my motives are selfish
2. P\_\_\_\_\_ over temptation
3. G\_\_\_\_\_ -
4. M\_\_\_\_\_ -
5. A\_\_\_\_\_ over demons
6. U\_\_\_\_\_ -
7. H\_\_\_\_\_ & F\_\_\_\_\_ -

**NOTE:** There are other benefits of this BASIC DISCIPLINE of the Christian's life that are not part of this small study.

Jesus told His disciples, "*But you, \_\_\_\_\_ you fast, anoint your head and wash your face so that your fasting will not be noticed by men, but by your Father who is in secret; and your Father who sees what is done in secret will reward you.*" Matthew 16:17,18 (NASB)

What does the Bible say about...



By Scott Saltsman

- Who fasted?
- Why did people fast?
- How did God respond?
- Why should I fast?
- How and when do I fast?
- How will God respond?

## General Bible Verses

1. Psalm 35:13
2. Psalm 69:10
3. Isaiah 58:1-12
4. Jeremiah 14:12
5. Zechariah 7:5
6. Joel 1:14; 2:12-19
7. Matthew 17:19-21

### Keep it balanced!

⊕ Colossians 2:16-3:4

### People Who Fasted

8. Moses – Exodus 34:28;
9. Israel – Judges 20:26
10. 1 Samuel 7:6
11. 1 Samuel 31:13
12. 2 Samuel 1:12
13. David - 2 Samuel 3:35
14. 2 Samuel 12:16-23
15. Elijah – 1 Kings 19:8
16. King Ahab – 1 Kings 21:25-29
17. Jabesh-Gilead – 1 Chronicles 10:11-14
18. Jehoshaphat & Israel - 2 Chronicles 20:3
19. Ezra – Ezra 8:21-23; 10:6
20. Nehemiah & Israel – Nehemiah 1:4; 9:1
21. Esther & Israel – Esther 4:15,16
22. Jehoiakim & Israel – Jeremiah 36:9
23. King Darius – Daniel 6:18
24. Daniel – Daniel 9:2-3; 10:3
25. People of Nineveh – Jonah 3:5-10
26. Anna - Luke 2:37
27. Jesus - Matthew 4:2ff; Luke 4:1ff
28. John's disciples - Matthew 9:14
29. Pharisee – Luke 18:12 *2<sup>nd</sup> & 5<sup>th</sup> days @ wk*
30. Saul of Tarsus – Acts 9:9
31. Cornelius - Acts 10:30
32. Prophets and teachers – Acts 13:2,3
33. Paul & Barnabas – Acts 14:23
34. Paul's shipmates – Acts 27:33

## Who Fasted and Why

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### Why did they fast?

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## How did God Respond?

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### How did God Respond?

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