

Fasting

Where, Why and How?

**First mention of fasting-
Leviticus 16.
Instructions for the Day of
Atonement.**

Numbers 29:7

You shall afflict your souls.

Length of Fasts we see in the Bible:

- 1 day
- 3 days
- 7 days
- 21 days
- 40 days

**1. Fasted in times of war
or at the threat of it.**

- Fasting at Bethel

Judges 20:26

-Fasting at Mizpah

**2. Fasted when someone
was sick.**

**David for his son.
2 Samuel 12:16-23**

**3. Fasted when someone
died.**

**King Saul and Jonathan's
death.**

1 Samuel 31:13

**4. Fasted when seeking
God's forgiveness.**

Moses

Deuteronomy 9:15-18

City of Nineveh

Jonah 3:4-10

**5. Fasted when they
needed God's help.**

**King Jehosophat
2 Chronicles 20**

Matthew 6:16

When you fast, do not look somber as the hypocrites do, for they disfigure their faces to show others they are fasting. Truly I tell you, they have received their reward in full. But when you fast, put oil on your head and wash your face, so that it will not be obvious to others that you are fasting but only to your Father.

Matthew 9

“How is it that we and the Pharisee’s fast often, but your disciples do not fast?”

Jesus answered, “How can the guests of the bridegroom mourn while he is still with them? The time will come when the bridegroom will be taken from them; then they will fast.”

Galatians 5:17

For the desire of the flesh is against the Spirit, and the Spirit against the flesh for these are in opposition to one another, in order to keep you from doing whatever you want.

Fasting Checklist

1. When we need strength.
2. When we need help or direction.
3. When we need deliverance.
4. We need healing for ourselves.
5. Praying for healing for others.

Mark 9:29

**This kind can come out
only by prayer and fasting.**

Isaiah 58:2-5

Day after day they seek me out,
They seem eager to know my ways,
as if they were a nation that does what is
right and have not forsaken the
commands of its God.

They ask me for just decisions and seem
eager for God to come near them.

“Why have we fasted?” They say, “Why
have you not seen it? Why have we
humbled ourselves and you have not
noticed?”

Yet, on the day of your fasting, you do as you please and exploit all your workers. Your fasting ends in quarreling and strife and in striking each other with wicked fists.

You cannot fast as you do today and expect your voice to be heard on high.

Is this the fast I have chosen?

Only a day for people to humble themselves and bowing ones head like a reed and laying gin sackcloth and ashes?

Is this what you call a fast? A day acceptable for the Lord?

**1. What is your reason
or hope for this fast?**

**2. God, what do you
want me to fast?**

