



Bible Study

Wednesday, January 3, 2024

Biblical Fasting

Our church is in the midst of a 21 day fast that started on Tuesday, January 2nd and will end on Monday, January 22nd. This lesson is designed to give you more info on fasting and to answer many of the questions that we have been receiving since the fast began.

I. What is fasting?

Fasting is the spiritual discipline of abstaining from food and other things for spiritual purposes.

Joel 1:14

II. What does fasting do for the believer?

1. Fasting prepares us to know God's will.
2. Fasting cleanses us physically.
3. Fasting equips us for Spiritual warfare.
4. Fasting breaks strongholds.
5. Fasting helps us show remorse for sin.

Ezra 8:21-23

1st Corinthians 6:19

Isaiah 58:6a

Isaiah 58:6b

Daniel 9:3-7

III. What are some different types of fast?

1. Normal fast – abstaining from all food, but not water.
2. Partial Fast – not total abstinence from food and water.
3. Absolute Fast – abstaining from both food and water.
4. Private Fast – a secret fast between you and God.
5. Congregational Fast – includes the entire congregation.
6. Sexual Fast – married couple abstaining from sex.

Daniel 10:2-3

Daniel 1:12

Esther 4:13-16

Matthew 6:16-18

Joel 2:15-17

1st Corinthians 7:3-5

IV. Suggestions for Your Time of Fasting:

1. Determine the purpose of your fast and write them down.
2. Keep a journal during your fast. This should contain specific prayer request and spiritual insights gained during your fast.
3. Identify, confess, and repent of all revealed sin before and during the fast. Unconfessed sin and disobedience will hinder your prayer and fasting.

Skipping meals alone will not result in a meaningful fast. You must set aside time to pray and seek spiritual insight. Dedicate at least as much time as you would spend in food preparation and eating for prayer and the study of God's Word.