

Why Fast?

“Whenever you fast...”
Matthew 6:16

“Was it really for me that you fasted?”
Zechariah 7:5

Four Kinds of Fasts

The _____ fast

“I tasted neither wine nor meal, and, of course, I went without desserts. I neither washed nor shaved nor combed my hair.” (Daniel 10:3, LB)

The _____ fast

The _____ fast

“Then Ezra . . . ate no food and drank no water...”
(Ezra 10:6, NIV)

The _____ fast

“After fasting forty days and forty nights, he [Jesus] was hungry.”
(Matthew 4:2, NIV)

Four Reasons to Fast

F

“But even now,” says the Lord,
“repent sincerely and return to me
with fasting and weeping and mourning...”
(Joel 2:12-13, TEV)

“When I heard all this, I sat down and wept. For several days I mourned and did not eat.” (Nehemiah 1:3-4, TEV)

A

Anna “worshipped night and day, fasting and praying.”
(Luke 2:36-38, NIV)

S

“I gave orders for us all to fast and humble ourselves before our God... So we fasted and prayed... and he answered our prayers.” (Ezra 8:21-23, TEV)

“Jehoshaphat resolved to inquire of the Lord, and he proclaimed a fast for all Judah. The people of Judah came together to seek help from the Lord; indeed, they came from every town in Judah to seek him. Then Jehoshaphat stood up in the assembly of Judah and Jerusalem at the temple of the Lord in the front of the new courtyard and said: ‘We do not know what to do, but our eyes are upon you.’” (2 Chronicles 20:3-12)

T

The w_____ of God

The w_____ of God

The w_____ of God

“I humbled myself with fasting.”
Psalm 35:13