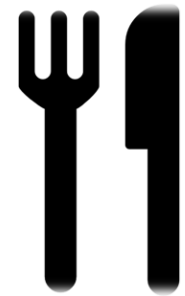




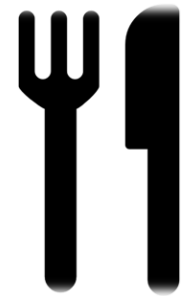
Christians and Fasting

CHURCHOFCHRISTTUCSON.ORG



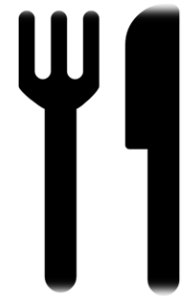
Fasting:

- **132 references to fasting in the Bible**
- **Fasting is the abstaining from food or drink **Genesis 24:33****
- **3 Types**
 - **An absolute fast **Exodus 34:28****
 - **“Normal” fast **Genesis 24:33****
 - **Partial fast **Daniel 1:11-16****



Fasting in the OT:

- Fasting was never commanded as a religious practice except for one day a year **Leviticus 16:29-31**
- Fasting was practice frequently in the Old Testament under many circumstances along with prayer.
 - When Israel recognized they sinned against God **1 Samuel 7:3-6**



Fasting in the OT:

- Fasting was never commanded as a religious practice except for one day a year **Leviticus 16:29-31**
- Fasting was practice frequently in the Old Testament under many circumstances along with prayer.
 - When confessing their sins before God **Nehemiah 9:1-3**



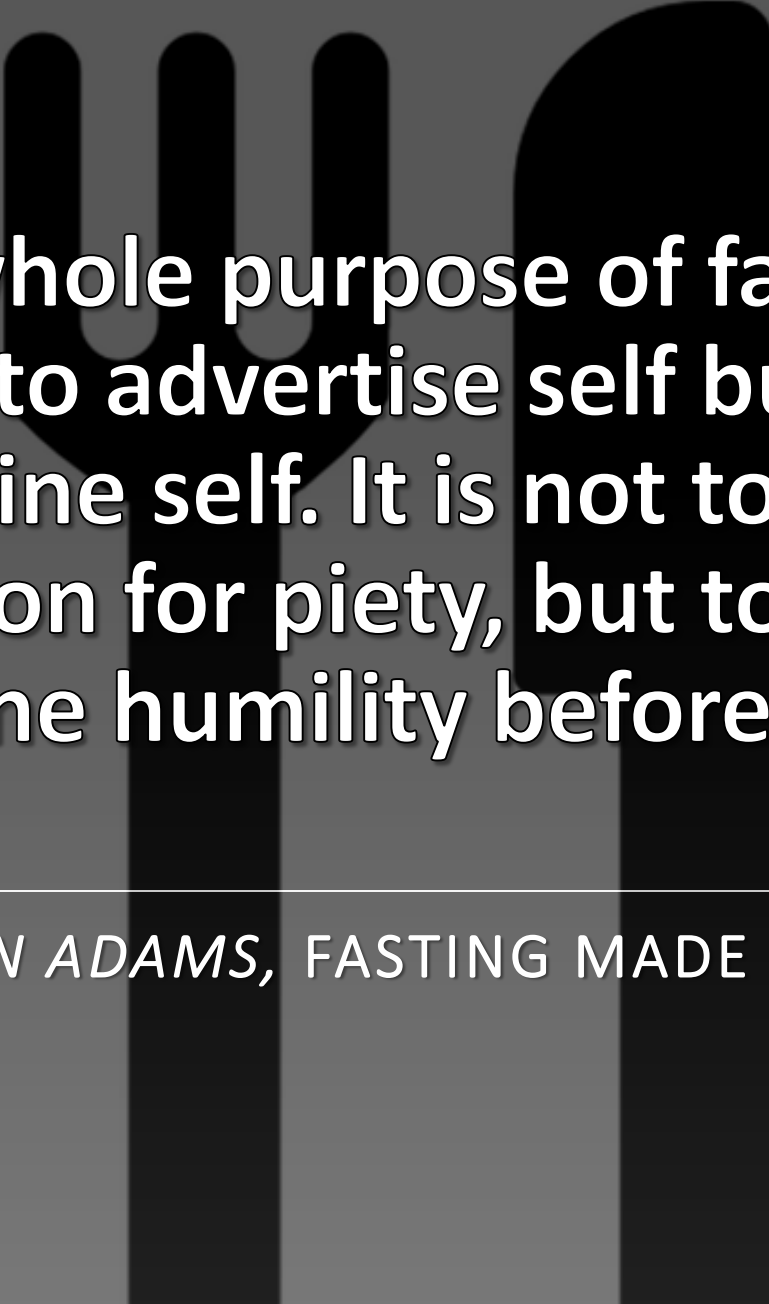
Fasting in the OT:

- Fasting was never commanded as a religious practice except for one day a year **Leviticus 16:29-31**
- Fasting was practice frequently in the Old Testament under many circumstances along with prayer.
 - When grieving or mourning
Nehemiah 1:1-4; 2 Samuel 1:11-12



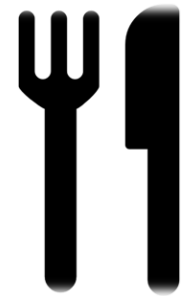
Purpose of Fasting:

- It shows humility **Ezra 8:21-23**
- It is practiced to fully concentrate on God **Daniel 9:3-5**
- It shows that our dependency is in God alone **2 Chronicles 20:1-4**



“The whole purpose of fasting is not to advertise self but to discipline self. It is not to gain a reputation for piety, but to express genuine humility before God.”

WILSON ADAMS, FASTING MADE SIMPLE



Should Christians Fast?

- **ABSOLUTELY!**
 - The early church fasted **Acts 13:1-3, 14:21-23**
 - However, it is not a command
Matthew 6:16-18
- Some things that would be good to “fast” from:
 - Netflix, Facebook, T.V., etc. **Psalm 101:3**
 - Sports **1 Timothy 4:8**
 - **Philippians 4:8**