

# THE FASTING BIBLE STUDY

1. Fasting is an act of self-denial that is meant to glorify God. However, sometimes fasting is unacceptable to God because of the heart motives of the people fasting.
  - a. According to Isaiah 58:3-5 give at least five reasons that God did not approve of the fasting that is being talked about: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_.
  - b. According to Jeremiah 14:10-12 why was God not willing to accept the fasting and prayers of the people in these verses? \_\_\_\_\_  
\_\_\_\_\_.
  
2. Now consider some of the right motivations and attitudes for fasting.
  - a. According to 2 Samuel 12:16 why did King David fast? \_\_\_\_\_.
  - b. According to Esther 4:3, when the Jewish people were in danger of being wiped out, what accompanied the fasting? \_\_\_\_\_  
\_\_\_\_\_  
What attitude did this show on the part of the Jewish people? \_\_\_\_\_  
\_\_\_\_\_.
  - c. According to Psalm 35:13 what is an important attitude to have in fasting? \_\_\_\_\_  
\_\_\_\_\_.
  - d. According to Isaiah 58:6-7 what are the things that are right motivations of the heart and right actions that please the Lord in regard to fasting? \_\_\_\_\_  
\_\_\_\_\_.
  - e. According to Matthew 6:16-18 how should we **not** act when we are fasting and how should we act? \_\_\_\_\_  
What is the important focus during times of fasting? \_\_\_\_\_  
\_\_\_\_\_.
  
3. The Bible gives some instruction in regard to how we should fast.
  - a. According to Exodus 34:28 what did Moses deny himself of during his fast? \_\_\_\_\_.
  - b. According to Daniel 1:8-16 what did Daniel and the other Jewish young people stop eating in their fast and what did they eat? \_\_\_\_\_  
\_\_\_\_\_.
  - c. According to Daniel 9:3 what are four things that Daniel did in addition to abstaining from food? \_\_\_\_\_.
  - d. According to Joel 2:12 what are three things that accompany the fasting process? \_\_\_\_\_.
  - e. According to Luke 5:33-35 when is the right time to fast? \_\_\_\_\_  
\_\_\_\_\_.

4. There is no specific amount of time that people are to fast. The Bible does reveal various lengths of time for fasting.
- According to Deuteronomy 9:18 how long was the fasting? \_\_\_\_\_  
Why did this fasting take place? \_\_\_\_\_  
What did the person fast from? \_\_\_\_\_
  - According to 1 Samuel 31:13 how long did the people fast when they were mourning the death of King Saul? \_\_\_\_\_
  - According to Esther 4:16 how long were the people instructed to fast? \_\_\_\_\_

*We can see from these verses that people fasted various lengths of time depending on the need for fasting and the leading of the Lord.*

5. The Bible also instructs about when believers should fast.
- According to 1 Samuel 7:6 why were the people fasting? \_\_\_\_\_  
What does this tell us about when we might fast? \_\_\_\_\_
  - According to 2 Samuel 1:11-12 why did the people tear their clothes and fast? \_\_\_\_\_  
What could this relate to in our lives? \_\_\_\_\_
  - According to Ezra 8:21 what was the reason that the people stopped traveling and decided to humble themselves and fast? \_\_\_\_\_  
\_\_\_\_\_
  - According to Nehemiah 1:3-4 what was the reason for Nehemiah to fast and weep before the Lord? \_\_\_\_\_  
What event in your life might be similar? \_\_\_\_\_
  - According to Joel 2:12 why did the people need to fast? \_\_\_\_\_  
\_\_\_\_\_
  - According to Jonah 3:5-8 what were two reasons the King called a fast for all of the people of his kingdom? \_\_\_\_\_  
\_\_\_\_\_
  - According to Acts 13:2-3 what took place during the time of the disciples fasting? \_\_\_\_\_  
\_\_\_\_\_

6. We need to see what some of the results of fasting are as recorded in the Bible.
- According to Ezra 8:23 what was the result of the time of fasting? \_\_\_\_\_  
\_\_\_\_\_
  - According to Psalm 109:24 what were some negative physical results of fasting? \_\_\_\_\_  
*Even though these results seemed negative, the denial of the flesh can sometimes draw us closer to the Lord.*
  - According to Isaiah 58:8-12 what are some of the good results from fasting the way the Lord desires for us to fast? \_\_\_\_\_  
\_\_\_\_\_
  - According to Matthew 4:2-3 what happened at the end of the time of Jesus' fasting? \_\_\_\_\_  
What does this tell us about what could happen when we fast? \_\_\_\_\_  
\_\_\_\_\_

