

Discussion Questions

1. Have you ever felt uneasy about fasting? Why? What does the idea of fasting remind you of? _____

 2. Robert described fasting as a “spiritual discipline”. It’s not a heaven or hell issue. There’s nothing spiritually inherent in fasting, it’s simply a discipline. Do you think fasting could be a spiritual discipline that could help you? Why or why not? _____

 3. Isaiah 58 describes both the right and wrong things to fast over. What stands out to you in this passage? _____

 4. Read Luke 4:18-19. What similarities or differences do you see between these passages and Isaiah 58:6-12? _____

- What are some things we can fast over during this 21 day season? Why?
- _____
- _____
- _____
5. In the message, Robert said “We don’t fast to get God’s attention. It’s not a hunger strike.” So, why do you think we should or should not fast? _____

Bible References to Fasting

Genesis 24:33	Abraham's servant seeking a bride for Isaac
Exodus 34:28	Moses first fast period of 40 days on Mt Sinai
Leviticus 16:29-31, 23:27-32	On Day of Atonement. Only mandated fast in Old Testament.
Leviticus 23:14	Until first harvest during Feast of Firstfruits
Number 6:3-4	For those to take a Nazarite vow
Numbers 29:7	On Day of Atonement
Deuteronomy 9:9,18	Moses two 40 day fasts in Wilderness/Sinai
Judges 20:26	Israel after their defeat by their relative Benjamin
1 Samuel 1:7-8	Hannah fasts for a child
1 Samuel 7:6	Israel fasts in repentance after return of the Ark of the Covenant
1 Samuel 20:34	Jonathan grieving at his father Saul's hatred of David
1 Samuel 11-12, 31: 13	Death of King Saul and Jonathan
2 Samuel 1:12	David fasts over death of King Saul
2 Samuel 3:35	David fasts over death of Abner
2 Samuel 11:11	Uriah refuses to eat when his fellow soldiers are in battle
2 Samuel 12:16-23	David fasts for his child through Bathsheba
1 Kings 13:8-12	Prophet fasts as command by God
1 Kings 19:8	Elijah spends 40 days traveling on one meal to after Mt Carmel
1 Kings 21	Ahab fasts for all of the wrong reasons
2 Chronicles 20:3	Proclaimed by Jehoshaphat because of invaders
Ezra 8:21-23	Ezra fasts for a safe journey to back to Jerusalem from captivity
Ezra 9:5, 10:6	Ezra fasts for the sins of the people
Nehemiah 1:4	Nehemiah fasts for the rebuilding of Jerusalem
Nehemiah 9:1	The people of Judah fast in repentance of their sins
Esther 4:3	The Jews fasts after hearing the news regarding Haman's decree
Esther 4:16	Esther and her servants fasts before going before the king
Esther 9:31	Fasting as part Feast of Purim

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Psalm 33:13	David fasts for others who were sick
Psalm 69:10	Others scorn David for fasting
Psalm 102:4	Psalmist forgets food in his distress
Psalm 109:24	David weak from fasting
Isaiah 58	Entire chapter on the kind of fasting that pleases God.
Jeremiah 14:11-12	Jeremiah told not to fast or pray for the people
Jeremiah 36:6-9	Jeremiah and people fast to receive God's mercy
Daniel 1:12-16	Daniel and his friends refuse to eat the king's food
Daniel 9:3	Daniel fasts/prays in repentance for the sins of Israel
Daniel 10:2-3	Daniel fasts for three weeks
Joel 1:14	Fasting due to Day of the Lord
Joel 2:12-15	Fasting as a part of repentance
Jonah 3:5-9	People of Ninevah fast in repentance to avert destruction
Zechariah 7:3-5,8:19	People fast in mourning for destruction of Jerusalem
Matthew 4:2	Jesus fasts for 40 days in the wilderness
Matthew 6:16-18	Don't fast for human praise or recognition
Matthew 9:14-15	John's disciples and Pharisees fast
Matthew 11:18	John the Baptist's habit of fasting
Matthew 17:21 manuscripts	"This kind can only be cast out by fasting" – not in most reliable manuscripts
Mark 2:18-20	John's disciples and Pharisees fast
Mark 8:29 manuscripts	"This kind can only be cast out by fasting" – not in most reliable manuscripts
Luke 2:37	Anna worshipping in the temple anticipating Messiah
Luke 4:2,14 the Holy Spirit"	Jesus fasts for 40 days in wilderness. Note the result – "power of the Holy Spirit"
Luke 5:33	John's disciples and Pharisees fast. Probably doesn't mean they never fasted cf Leviticus 16:29-31, but that they didn't fast 2x a week like the Pharisees cf Luke 18:12

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Luke 18:12	Proud Pharisee boasts of his fasting regimen. FYI – It was common at the time to fast 2x a week by Rabbis and their disciples
Acts 9:9	Saul of Tarsus fasts after his encounter with Jesus
Acts 13:2-3 while fasting	Prophets and teachers receive revelation from the Holy Spirit
Acts 14:23	Fasting before setting in elders in the churches
Acts 27:9	Fasting on Day of Atonement in New Testament
Acts 27:21-33	Shipmates fasting before shipwrecked on Malta
1 Corinthians 7:5	In marriage relationship – be on the same page
2 Corinthians 5:5	As part of apostolic ministry of Paul
2 Corinthians 11:27	Normal sufferings of Paul
1 Timothy 4:3	False teachers commanding abstinence

Thank you to “God’s Chosen Fast – A Spiritual and Practical Guide to Fasting” by Arthur Wallis for the list of references and many of the descriptions above.