

# Fasting

Pastor Rob Elliott • March 23rd, 2025

## 18 Observations

1. God \_\_\_\_\_ to our fasting. (James 4:8)
2. God is not against food or eating; neither are \_\_\_\_\_.  
(John 21; Isaiah 25:6; Ecc.9:7; 1 Tim.4:1-4)
3. Fasting is a \_\_\_\_\_ practice in the Scriptures.  
It is mentioned in the Bible \_\_\_\_\_ times.
4. To some degree, fasting was an expected \_\_\_\_\_ in both the Old & New Testaments.
5. Fasting is \_\_\_\_\_ in Scripture. It is in the Old testament. (Joel 2:12)  
And Jesus assumed it was being practiced. (Matthew 6:16)
6. Many biblical \_\_\_\_\_ fasted.
7. Most usually those who fasted in Scripture found themselves in \_\_\_\_\_ situations which \_\_\_\_\_ them: Grief; Loss; Sorrow; Fear; Pain; Anxiety; Isolation; Loneliness; Stress; Threat; Temptation.
8. Fasting and \_\_\_\_\_ typically go together.  
You can pray without fasting but you shouldn't fast without praying.
9. Jesus linked fasting with \_\_\_\_\_ not celebration. (Luke 5:33-35)
10. It is noteworthy that there is no record of the righteous, Old Testament man \_\_\_\_\_ fasting as he suffered through his tremendously devastating losses.
11. It is also instructive that our Lord did not fast before \_\_\_\_\_, rather He ate and drank a last Passover meal with His disciples.

12. The Bible commands us to pray ... on the other hand, the Bible presents persons who sometimes fasted; fasting is supposed to be an \_\_\_\_\_-spiritual-life activity.
13. Fasting is not an ordeal to endure; it is an \_\_\_\_\_ to pray for a specific need or for specific needs.
14. Fasting doesn't \_\_\_\_\_ God.  
Fasting is not a way to \_\_\_\_\_ God.
15. Fasting is the only spiritual discipline which we \_\_\_\_\_ in our bodies.
16. \_\_\_\_\_ due to fasting often cancels anxiety and welcomes God's peace. (Philippians 4:6-7)
17. Fasting minimally \_\_\_\_\_ you would have spent preparing, eating & cleaning up after a meal or meals; this freed up time can be used \_\_\_\_\_.
18. Certain \_\_\_\_\_ need not prevent a person from doing a modified fast.

**DISCUSSION QUESTIONS:**

1. Think of a believer who knows little about biblical fasting. What would you tell that person are common misunderstandings about fasting?

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2. Why do you suppose that fasting is a little used spiritual discipline in the church?

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3. What would be some life conditions which could prompt you fast? Try to find a believer who has fasted. Ask that person what the fasting experience was like for them. \_\_\_\_\_

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