



Examples of fasting in the Bible

Description

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Fasting is an important part of the Christian faith. It is a spiritual discipline that has been practiced since the time of Jesus and is still practiced today. Fasting is a way to draw closer to God and to seek His guidance and strength. In the Bible, there are many examples of fasting, and these examples can be used to help us understand the importance of fasting in our own lives.

The Bible mentions fasting in both the Old and New Testaments. In the Old Testament, fasting was often used as a sign of repentance and mourning. For example, in the book of Jonah, the people of Nineveh fasted and put on sackcloth and ashes as a sign of repentance for their sins. In the book of Esther, the Jews fasted for three days and nights in order to seek God's protection from their enemies.

In the New Testament, Jesus often spoke about fasting. He said that when we fast, we should do so in secret and not to show off to others. He also said that fasting should be done out of a sincere desire to draw closer to God. In the book of Matthew, Jesus said, "When you fast, do not look somber as the hypocrites do, for they disfigure their faces to show others they are fasting. Truly I tell you, they have received their reward in full. But when you fast, put oil on your head and wash your face, so that it will not be obvious to others that you are fasting, but

only to your Father, who is unseen; and your Father, who sees what is done in secret, will reward you.â?• (Matthew 6:16-18).

In the book of Acts, the early church fasted and prayed before making important decisions. For example, when the church was deciding who should replace Judas Iscariot, they fasted and prayed for guidance. In the book of Acts, it says, â??So they proposed two men: Joseph called Barsabbas (also known as Justus) and Matthias. Then they all prayed, â??Lord, you know everyoneâ??s heart. Show us which of these two you have chosen to take over this apostolic ministry, which Judas left to go where he belongs.â?? Then they cast lots, and the lot fell to Matthias; so he was added to the eleven apostles.â?• (Acts 1:23-26).

Fasting is also mentioned in the book of Revelation. In the book of Revelation, the people of God are described as those who â??fasted and prayedâ?• (Revelation 3:3). This is a reminder that fasting is an important part of the Christian life and that it should be done with a sincere desire to draw closer to God.

Fasting is an important spiritual discipline that can help us draw closer to God and seek His guidance and strength. The Bible provides many examples of fasting, and these examples can help us understand the importance of fasting in our own lives. Fasting is a way to humble ourselves before God and to seek His will for our lives.

Salvation Prayers : Dear Lord Jesus, I come to you today acknowledging my need for salvation. I confess that I have sinned and fallen short of your glory. But I believe that you died for my sins and rose again. I ask that you come into my heart and be my Lord. I commit to following you and living for you every day. Thank you for your love and for the gift of eternal life. In your name I pray, Amen. [Amen](#) [If you prayed the above prayers kindly click here to get more information](#)
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Example: Joy, Love, 1 John 1:3

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Quiz

1. What is the purpose of fasting?

- A. To show off to others
- B. To draw closer to God
- C. To seek God's protection
- D. To make important decisions

2. In the book of Jonah, what did the people of Nineveh do as a sign of repentance?

- A. They prayed
- B. They fasted
- C. They put on sackcloth and ashes
- D. They cast lots

3. In the book of Matthew, what did Jesus say about fasting?

- A. Do it in secret
- B. Do it to show off
- C. Do it out of a sincere desire
- D. Do it to make important decisions

4. In the book of Acts, what did the early church do before making important decisions?

- A. They prayed
- B. They fasted
- C. They put on sackcloth and ashes
- D. They cast lots

5. In the book of Revelation, what are the people of God described as?

- A. Those who prayed
- B. Those who fasted
- C. Those who put on sackcloth and ashes
- D. Those who cast lots

Discussion Questions

1. What are some of the benefits of fasting?
2. How can fasting help us draw closer to God?
3. What are some practical tips for fasting?
4. How can we use the examples of fasting in the Bible to help us in our own lives?
5. What are some of the challenges of fasting?

FAQs

Q: What is fasting?

A: Fasting is a spiritual discipline that involves abstaining from food and drink for a period of time in order to draw closer to God and seek His guidance and strength.

Q: What does the Bible say about fasting?

A: The Bible mentions fasting in both the Old and New Testaments. In the Old Testament, fasting was often used as a sign of repentance and mourning. In the New Testament, Jesus often spoke about fasting and said that when we fast, we should do so in secret and not to show off to others.

Q: What are some examples of fasting in the Bible?

A: In the book of Jonah, the people of Nineveh fasted and put on sackcloth and ashes as a sign of repentance for their sins. In the book of Esther, the Jews fasted for three days and nights in order to seek God's protection from their enemies. In the book of Acts, the early church fasted and prayed before making important decisions. In the book of Revelation, the people of God are described as those who fasted and prayed (Revelation 3:3).

Rededication Prayers : Dear Lord Jesus, I come to you today with a heart of repentance. I confess that I have strayed from your path and have not been living according to your will. But I am here to rededicate myself to you and to make a commitment to follow you with all my heart. I ask for your forgiveness and for the strength and guidance to walk in your ways. I thank you for your love, grace, and

mercy. I give you my all, my heart, my mind, my soul, and my strength, I trust in you and I pray this in Jesus' name, Amen. [Amen](#)

If you prayed the above prayers kindly click here to get more information

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Quiz Answers

1. B. To draw closer to God
2. C. They put on sackcloth and ashes
3. A. Do it in secret
4. B. They fasted
5. B. Those who fasted

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