



Jesus's Teachings on Fasting

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Drawing Near to God: Exploring Jesus' Teachings on Fasting

Fasting, as a spiritual practice, held great significance in the teachings of Jesus. Throughout the New Testament, Jesus emphasized the importance of fasting as a means of seeking God, cultivating a sincere heart, and deepening our spiritual connection. Let's explore some of Jesus' teachings on fasting and the valuable insights they provide for our spiritual journey.

Fasting with Humility and Sincerity

Jesus taught that fasting should not be done for show or to impress others but with a humble and sincere heart. In the Sermon on the Mount, He 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” (Matthew 6:16-18, NIV). Jesus teaches us that fasting is a personal and intimate act of devotion to God, best performed with humility and authenticity.

Fasting as an Expression of Seeking God’s Kingdom

Jesus linked fasting with seeking God’s kingdom and righteousness. In response to a question about why His disciples did not fast, Jesus replied, “How can the guests of the bridegroom mourn while he is with them? The time will come when the bridegroom will be taken from them; then they will fast” (Matthew 9:15, NIV). Here, Jesus points to the significance of fasting during times of seeking God’s presence, guidance, and kingdom. Fasting can be an intentional act that redirects our focus from earthly concerns to the pursuit of God’s will and purposes.

Fasting as a Spiritual Discipline and Preparation

Jesus highlighted the importance of fasting as a spiritual discipline and a means of preparation. In the account of His temptation in the wilderness, Jesus fasted for forty days and nights (Matthew 4:2). Through this act of fasting, Jesus demonstrated the power of self-control and reliance on God, setting an example for us to follow. Fasting can serve as a time of preparation, purification, and spiritual readiness as we seek to draw closer to God and discern His will.

Combining Fasting with Prayer and Faith

Jesus emphasized the connection between fasting, prayer, and faith. In Mark 9:29, Jesus encountered a situation where His disciples were unable to drive out a particular demon. He explained, “This kind can come out only by prayer” (Mark 9:29, NIV). Some versions also include “and fasting” as a necessary component in overcoming such challenges. This teaching highlights the power of combining

fasting with prayer and faith, acknowledging that there are spiritual battles and circumstances that require intensified spiritual disciplines.

Fasting with a Heart of Repentance

Jesus associated fasting with a heart of repentance and mourning over sin. In Matthew 9:13, Jesus said, “But go and learn what this means: ‘I desire mercy, not sacrifice.’ For I have not come to call the righteous, but sinners” (NIV). Fasting can be a way to express deep remorse, seek forgiveness, and turn away from sinful patterns. It allows us to align ourselves with God’s mercy and grace, acknowledging our need for His transforming work in 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 https://www.xgospel.net/harvest_form/form/?page=0&salvation=true

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Example: Joy, Love, 1 John 1:3

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Conclusion

Jesus’ teachings on fasting emphasize the importance of approaching this spiritual discipline with humility, sincerity, and a genuine desire to seek God’s presence and will.

Fasting, when combined with prayer, faith, repentance, and a sincere heart, can lead to a deeper spiritual connection, personal transformation, and a heightened awareness of God’s work in our lives. As we engage in fasting, let us remember Jesus’ teachings and seek to honor Him with our devotion, seeking His kingdom, righteousness, and guidance in all aspects of our lives.

Quiz

1. What did Jesus say about fasting in the Gospel of Matthew?
 - A. Do not look somber as the hypocrites do
 - B. Do not fast for show
 - C. Put oil on your head and wash your face
 - D. All of the above
2. What is the purpose of fasting?
 - A. To draw closer to God
 - B. To gain recognition or approval from others
 - C. To express repentance and sorrow for one's sins
 - D. All of the above
3. What is the most common type of fasting?
 - A. Abstaining from food and drink
 - B. Abstaining from certain activities or behaviors
 - C. Abstaining from certain types of media
 - D. All of the above
4. What is the purpose of abstaining from certain activities or behaviors?
 - A. To draw closer to God
 - B. To gain recognition or approval from others
 - C. To express repentance and sorrow for one's sins

D. All of the above

5. What is the purpose of abstaining from certain types of media?

A. To draw closer to God

B. To gain recognition or approval from others

C. To express repentance and sorrow for one's sins

D. All of the above

Discussion Questions

1. What are some of the benefits of fasting?

2. How can fasting help us to draw closer to God?

3. What are some of the different types of fasting?

4. How can fasting help us to express repentance and sorrow for our sins?

5. How can fasting help us to express gratitude and thanksgiving to God?

FAQs

Q: What did Jesus say about fasting in the Gospel of Matthew?

A: 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." (Matthew 6:16-18).

Q: What is the purpose of fasting?

A: The purpose of fasting is to draw closer to God and to focus on spiritual matters. It is also a way to express repentance and sorrow for one's sins, as

well as a way to express gratitude and thanksgiving to God.

Q: What is the most common type of fasting?

A: The most common type of fasting is abstaining from food and drink for a period of time.

Q: What is the purpose of abstaining from certain activities or behaviors?

A: The purpose of abstaining from certain activities or behaviors is to focus on spiritual matters or to express gratitude and thanksgiving to God.

Q: What is the purpose of abstaining from certain types of media?

A: The purpose of abstaining from certain types of media is to focus on spiritual matters or to express gratitude and thanksgiving to God.

Answers: 1. D, 2. D, 3. A, 4. D, 5. D

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