



New Testament references to fasting

## Description

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Fasting, a spiritual discipline often mentioned in the New Testament, holds a significant place in Christian practices. This ancient tradition of abstaining from food for a specific period is deeply rooted in biblical teachings. Let's delve into the New Testament references to fasting and understand its spiritual significance.

### Fasting in the New Testament: A Spiritual Discipline

Fasting is frequently mentioned in the New Testament as a means of drawing closer to God and seeking His guidance. It goes beyond a physical act, emphasizing the spiritual connection between individuals and their Creator.

#### Matthew 6:16-18 – Fasting with a Genuine Heart

In the Gospel of Matthew, Jesus speaks about fasting with sincerity. He encourages a genuine and humble approach, highlighting the importance of fasting as a personal devotion rather than a show for others.

“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. 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)

### **Acts 13:2-3 – Fasting in Seeking God’s Will**

In the book of Acts, we see early Christians engaging in fasting as they sought God’s guidance and direction for their missionary endeavors.

“While they were worshiping the Lord and fasting, the Holy Spirit said, ‘Set apart for me Barnabas and Saul for the work to which I have called them.’ So after they had fasted and prayed, they placed their hands on them and sent them off.”- Acts 13:2-3 (NIV)

### **The Significance of Fasting in Christian Life**

Fasting is not just a ritual; it’s a powerful spiritual tool for self-discipline, self-examination, and dependence on God. It is a way to align one’s heart with God’s will and seek His guidance in various aspects of life.

### **1 Corinthians 7:5 – Fasting in Marriage**

The Apostle Paul mentions fasting in the context of marriage, highlighting the importance of mutual consent and agreement in spiritual matters.

“Do not deprive each other except perhaps by mutual consent and for a time, so that you may devote yourselves to prayer. Then come together again so that Satan will not tempt you because of your lack of self-control.” – 1 Corinthians 7:5 (NIV)

### **Conclusion: Fasting as a Spiritual Journey**

Fasting, as illustrated in the New Testament, is not a mere ritual but a journey of the soul. It involves seeking God with a genuine heart, aligning oneself with His will, and embracing self-discipline as a means of drawing closer to Him.

**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](https://www.xgospel.net/harvest_form/form/?page=0&salvation=true)

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## Frequently Asked Questions about Fasting in the Bible

Q1: How long should a fast last according to the Bible?

A: The duration of a fast is not explicitly defined in the Bible. It varies, and individuals may choose to fast for different periods based on their spiritual goals.

Q2: Can fasting be done for reasons other than seeking God's guidance?

A: Yes, fasting can be undertaken for various reasons, including repentance, seeking spiritual breakthroughs, and expressing dependence on God.

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