

FASTING 101

A blue ceramic plate is centered on a rustic wooden table. To the left of the plate is a silver fork, and to the right is a silver knife. The background is a plain, light-colored wall. The text 'FASTING 101' is overlaid in large, white, sans-serif font, with 'FASTING' on the top line and '101' on the bottom line, partially obscuring the plate.

Matthew 9:15

Fasting is Assumed But Not Commanded

- Notice the language as Jesus gives instructions concerning fasting (Matt. 6:16-17).
- Jesus says “they will fast in that day” (Matt. 9:15).
- It is mentioned with prayer (13:2-3; 14:23).
- It is rarely mentioned throughout the epistles (2 Cor. 6:5; 11:27; cf. Rom. 14:3-6).
- It requires balance in a way that prayer doesn’t (1 Tim. 4:4).



Why Fast?

- Because I trust the Bible to tell me what is valuable.
- It helps us to focus on God's sufficiency for us (Matt. 4:2-4; Jn. 6:48-51; 1 Pet. 2:2; Hab. 3:17-18).
- It should draw you nearer to God (Matt. 6:16-17).
- It shows that what we are asking about is of great importance (Acts 14:23; Ezra 8:21-23; Esther 4:16; 2 Sam. 12:16-17).
- It shows deep sorrow (Joel 2:12-13).
- It shows that we are waiting for something better (Lk. 2:36-38).

