HOPEFULLY

DEVOTED

**Fasting – Acts 13:3**

**Old Testament Style**

**Have you ever fasted? How long did you fast? Why did you fast?**

**Read and discuss this quotes:**

*In a culture where the landscape is dotted with shrines to the “Golden Arches” and an assortment of “Pizza Temples”, fasting seems out of place, out of step with the times - Richard Foster, The Celebration Of Discipline, p. 47*

*“Some have exalted religious fasting beyond all Scripture and reason, and others have utterly disregarded it.” - John Wesley*

**Define biblical fast.**

**Fasting is mentioned in the Bible over 70 times there are teachings about how, when, purpose, and conditions yet this discipline is not widely practiced among Christians today, why?**

**Let’s be “spelunkers” and not “engineers” with the Bible, let’s explore and follow what is there instead of rearranging what is there to fit our designs.**

**OLD TESTAMENT AND FASTING**

Read the following verses, answer the questions that follow?

Exodus 34:28

This is the first mention of fasting in scripture, what does this time of fasting remind you of?

Why did Moses refrain from eating or drinking for 40 days?

Psalms 35:13 What reason does he give for fasting? What were his circumstances?

Joel 2:12 What does God ask of his people? Why?

Ezra 8:21 What was the purpose of the fast?

Esther 3:16 What was the purpose of the fast?

1 Kings 21:27 Why did he fast?

1 Chronicles 10:12 Why did they fast? How Long?

Deut 9:18 Why did they fast? How long?

Isaiah 58:8-12 What is the promise?

Isaiah 58:3 What is the warning?

Zech 7:5 What is the implication?