

A Brief Overview of Fasting

Review

In the Old Testament, the only required fast day is the D_____ of
A_____. There are numerous examples of both i_____ and c_____ times of fasting during periods of d_____.
J_____ the B_____ and J_____ fasted in the New Testament, and
Jesus a_____. His disciples would fast once He a_____. Both
P_____ and the church at A_____ fasted.

I. Other Possible (“Disputed”) Texts on Fasting

A. Matthew 17:21 and Mark 9:29

B. I Corinthians 7:5

C. II Corinthians 6:5

II. Fasting As an O_____ R_____ Only Is Worse Than

U_____ (Isaiah 58:3-7, Joel 2:12-13, Luke 18:9-14)

III. Fasting Today

A. “Solemn fastings upon special occasions..... are, in their several times and seasons to be used in an holy and religious manner.”
(WCF – 21.5)

B. Fasting is listed among duties in the second commandment
(WLC # 108).

C. Directory of Worship – Chapter V and Our Response

