

A Brief Overview of Fasting

- I. Fasting in the Old Testament
 - A. D_____ of A_____ Only Time M_____ in God's Law ("afflicting one's soul" or "denying one's self" - Leviticus 16:29 and 23:27, Numbers 29:7, Acts 27:9)
 - B. Times of N_____ or P_____ Distress (Ezra 9:1-6, II Samuel 12:15-20, Psalm 35:12-13, I Samuel 7:3-6 and 31:11-13, Esther 4:16)
 - C. P_____ for R_____ (Exodus 34:27-28, Daniel 9:1-3)
- II. Fasting in the New Testament
 - A. J_____ the B_____ Taught His D_____ to F_____ (Mark 2:18)
 - B. J_____ Fasted (Matthew 4:2)
 - C. Jesus A_____ His D_____ Would Fast (Matthew 6:16-18 and 9:15)
 - D. P_____ Fasted (Acts 9:9 and 14:19-23)
 - E. The C_____ at A_____ Fasted (Acts 13:2-3)
 - F. Other Possible ("Disputed") Texts (Matthew 17:21 and Mark 9:29, I Corinthians 7:5, II Corinthians 6:5)
- III. Fasting As An O_____ R_____ Only Is Worse Than U_____ (Isaiah 58:3-7, Joel 2:12-13, Luke 18:9-14)
- IV. 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 – listed among duties in the second commandment
(WLC # 108)
 - C. Directory of Worship – Chapter V and Our Response