

## Fasting

### HOW TO STUDY ABOUT FASTING?

- Topical Study
- Bible Examples
- True Stories
- Other Examples

### PURPOSE OF FASTING

- \_\_\_\_\_
  - Deuteronomy 9:18
  - Moses interceding for Israel
- \_\_\_\_\_
  - 2 Samuel 12:16-23
  - David fasted for his son
- \_\_\_\_\_
  - 1 Samuel 31:13
  - Death of Saul and sons
- \_\_\_\_\_
  - Judges 20:26
  - Before battle
- \_\_\_\_\_
  - Leviticus 16:29-31; 23:26-32
  - A commanded fast
  - 10<sup>th</sup> day of the 7<sup>th</sup> month
- \_\_\_\_\_
  - Ahab – 1 Kings 21:27
  - Ninevites – Jonah 3:5
  - Israel – Nehemiah 9:1-3
- \_\_\_\_\_
  - Jehoshaphat – 2 Chronicles 20:3
  - Nehemiah – Nehemiah 1:4
  - Jews – Esther 4:3
  - Esther (and others) – Esther 4:16

- \_\_\_\_\_
  - Morning-time church – Acts 13:2-3
- \_\_\_\_\_
  - Jesus – Matthew 4:1-2

"If you say 'I will fast when God lays it on my heart,' you never will. You are too cold and indifferent to take the yoke upon you"  
(Dwight L. Moody).

### WHY SHOULD WE FAST?

- "\_\_\_\_\_ my soul" (Psalm 35:13)
- "\_\_\_\_\_ my soul" (Psalm 69:10)
- "\_\_\_\_\_ your souls" (Numbers 29:7)

Fasting is a time of \_\_\_\_\_-denial.

**"Fasting is a tremendous lesson in establishing who is the master and who is the servant. Your body is a wonderful servant, but a terrible master" (Fasting by Derek Prince).**

### HOW TO FAST?

- Have a Purpose (burden)
- Prepare
- Prayer
- Read the Word
- Reduce Activity Level (if possible)
- Keep Health Concerns in Mind
- Abstaining From Food (generally)
- Consider Fasting From Pleasures
- Don't Advertise
- Fasting Needs to Be Systematic

"To get more power in your experience, you must first unload a few things that are slowing you down" (Emerson Wilson).

**Studying to gain a greater understanding of the Bible and be changed by it.**

## Youth Bible Study



**C**harles Finney was one of the most effective evangelists in America's history. A tremendous anointing of power and conviction rested on his preaching. He reported leading more than five hundred thousand new converts to the Lord in an eight-week period during the great New York revival of 1857. Finney wrote that when the power of his preaching seemed to diminish, he would spend several days in prayer and fasting until the spirit of prayer returned and his preaching was again anointed with power. He acknowledged that the power on his preaching was connected to regular times of prayer with fasting.

*(Growing in Prayer: A Real-Life Guide to Talking With God)*

### THE GREAT WELSH REVIVAL

**I**t is said that Evan Roberts and his group of young saints fasted and prayed for five years. God moved His hand over Wales, and the Great Welsh Revival took place.



**J**ohn Knox prayed and fasted until the wicked Mary, Queen of Scots, was driven into exile. She said she feared no weapon like she feared John Knox's prayers.

### THE GREAT REFORMATION

**M**artin Luther fasted for days while translating the Bible. Herein undoubtedly lies the secret of his unrivaled translation. It was also responsible for bringing in the great Reformation, which changed the destiny of Europe. It is said of Martin Luther that he fasted so continuously, his friends feared for his health. Consider the mighty spiritual forces that were released through the fasting and prayers of Martin Luther – prayers that precipitated the spiritual awakening in Europe known throughout history as the Great Reformation. Literally, his prayers, with fasting, brought down God on the dark night of Europe.



**J**onathan Edwards fasted and prayed for three days prior to preaching his famous sermon "Sinners in the Hands of an Angry God!" His cry was, "O Lord, give me England!"



**D**wight L. Moody: While preaching at a church in England, Mr. Moody observed that the congregation seemed to be so cold and unresponsive; it seemed a waste of time to preach to them. After the sermon, a lady from the congregation hurried home to her invalid sister and told her: "Amelia, you will never guess who preached for us this morning! Mr. Moody of Chicago." Instantly the invalid woman was deeply moved. "Oh, if only I could have known it!" she said. "I have been praying to God for two years to send Mr. Moody to our pulpit!" Her sister then told her that Mr. Moody was to preach again that night. The invalid woman pleaded with her sister to leave the room at once and lock the door behind her. She said: "Do not let anyone disturb me, and do not bring me any food or drink. I must spend the time until the close of the night service in fasting and prayer – that God will mightily revive His work in our midst!" That night a change came over the congregation. They appeared to be listening intently. At the close of his sermon, Moody felt he ought to give an altar call. He said: "Those who are ready to make a full surrender of their lives to Christ tonight please stand." Five hundred people rose promptly to their feet! Moody was confused and perplexed. He thought they did not understand what he had said. He then asked them to be seated, and put to them the way of salvation more distinctly, and again asked those to arise who wanted to be saved – and again five hundred stood! Surely it was not possible for five hundred seekers to be in one congregation, especially in view of how cold they seemed to be in the morning service. Moody did not know of that faithful invalid, fasting and praying for deliverance! For the second time, he asked them all to be seated, and again went into the matter of salvation with even greater care, and told them explicitly what it entailed. Then he gave the invitation the third time, and five hundred people rose again, and were marshaled into a prayer room! Thus began a mighty revival that swept through many of the London churches – and it began through the prayer and fasting of a lone intercessor!

*(Fasting Strengthens the Intensity of Prayer  
By Gordon Cove)*

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