

Facts on Fasting & Prayer

First Mention?

Leviticus 16:29-34 - Afflict your soul -

Day of Atonement - Was a day to “Fast”

Acts 27:9 Now when much time had been spent, and sailing was now dangerous because the **Fast** was already over, Paul advised them,

Taught in the New Testament?

Acts 9:8-9 Then Saul arose from the ground, and when his eyes were opened he saw no one. But they led him by the hand and brought *him* into Damascus. And he was three days without sight, and neither ate nor drank.

Acts 13:2-3 As they ministered to the Lord and fasted, the Holy Spirit said, "Now separate to Me Barnabas and Saul for the work to which I have called them." Then, having fasted and prayed, and laid hands on them, they sent *them* away. (NKJV)

Acts 14:23 So when they had appointed elders in every church, and prayed with fasting, they commended them to the Lord in whom they had believed.

Acts 10:30-31 So Cornelius said, "Four days ago I was fasting until this hour; and at the ninth hour I prayed in my house, and behold, a man stood before me in bright clothing, "and said, 'Cornelius, your prayer has been heard, and your alms are remembered in the sight of God. (NKJV)

1 Corinthians 7:5 Do not deprive one another except with consent for a time, that you may give yourselves to fasting and prayer; and come together again so that Satan does not **tempt** you because of your lack of self-control.

Jesus Example It or Teach It?

Exemplified It:

Matthew 4:2 And when He had fasted forty days and forty nights, afterward He was hungry.

Luke 4:2 being tempted for forty days by the devil. And in those days He ate nothing, and afterward, when they had ended, He was hungry.

Taught It:

Matthew 6:17-18 But you, when you fast, anoint your head and wash your face, so that you do not appear to men to be fasting, but to your Father who *is* in the secret *place*; and your Father who sees in secret will reward you openly.

Matthew 17:20-21 So Jesus said to them, "Because of your unbelief; for assuredly, I say to you, if you have faith as a mustard seed, you will say to this mountain, 'Move from here to there,' and it will move; and nothing will be impossible for you. "However, this kind does not go out except by prayer and fasting." (NKJV)

Types of Fasting from the Bible:

- * There are Private & Corporate/Proclaimed Fasts
- * There are 1, 3, 7 and 40 day Fasts
- * There are Total Fasts (from all food/drinks) & Partial Fasts (from just food, or just desserts...)
- * There are examples in the Bible of fasting for the following reasons:
Repenting Mourning Humbling Seeking Lord Enhance
Prayers Attacked Overcoming Evil Bad Applications

Specific Teachings on Fasting in the Bible:

Isaiah 58

Zechariah 7:3-18

Matthew 6:16-18

Great Practical Example of Fasting in the Bible:

Ezra 8:21 Then I proclaimed a fast there at the river of Ahava, that we might humble ourselves before our God, to seek from Him the right way for us and our little ones and all our possessions.

Should I Apply it to My Life?

Matthew 6:17-18 But you, when you fast, anoint your head and wash your face, so that you do not appear to men to be fasting, but to your Father who *is* in the secret *place*; and your Father who sees in secret will reward you openly.

Matthew 7:24 "Therefore whoever hears these sayings of Mine, and does them, I will liken him to a wise man who built his house on the rock:

Matthew 7:26 "But everyone who hears these sayings of Mine, and does not do them, will be like a foolish man who built his house on the sand: (NKJV)

Matthew 13:23 "But he who received seed on the good ground is he who hears the word and understands *it*, who indeed bears fruit and produces: some a hundredfold, some sixty, some thirty." (NKJV)