



Should Christians Fast?

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● Fasting in the O.T.

- ◆ Fasting was never commanded as a religious practice except for one day a year. *Lev. 16:29-31*
- ◆ However, fasting was practiced under many circumstances along with prayer:
 - When Israel recognized they had angered the Lord. *1 Sam. 7:3-6*

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- ◆ **Fasting was never commanded as a religious practice except for one day a year. *Lev. 16:29-31***
- ◆ **However, fasting was practiced under many circumstances along with prayer:**
 - **When confessing their sins to God. *Neh. 9:1-3***

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● Fasting in the O.T.

- ◆ Fasting was never commanded as a religious practice except for one day a year. ***Lev. 16:29-31***
- ◆ However, fasting was practiced under many circumstances along with prayer:
 - When grieving for one who died.
1 Sam. 31:11-13; 2 Sam. 1:11-12

Should Christians Fast?

- **What was the purpose of fasting?**

- ◆ It demonstrated humility.

1 Kings 21:23-29

- ◆ It was to fully concentrate in God.

Daniel 9:3-5

- ◆ It was to show dependency in God alone.

2 Chro. 20:1-4

Should Christians Fast?

- What was the purpose of fasting?

- ◆ It was not to make one “more righteous”.

Isa. 58:1-5; Zech. 7:5

- ◆ It would not MAKE God “grant or listen” to prayers.

Jer. 14:12

- ◆ Should not be done to impress God or others.

Luke 18:11-12; Matt. 6:16-18

Should Christians Fast?

- Should Christians today fast? **ABSOLUTELY!**
 - ◆ We have no command to fast, but it can be very helpful in many areas of the Christian life.
Matt. 17:19-21
 - ◆ Fasting from food can be dangerous for several of us.

Should Christians Fast?

- Should Christians today fast? **ABSOLUTELY!**
 - ◆ But instead of fasting from food, let me recommend some things that can be of great benefit to fast from:
 - T.V., Facebook, Netflix, the internet, etc. ***Ps. 101:3***
 - Sports. ***1 Tim. 4:8***
 - Any and every activity that does not have spiritual benefit to yourself or others.

Should Christians Fast?

- Should Christians today fast? **ABSOLUTELY!**
 - ◆ But don't just fast from these things, but replace them with good things.
Phil. 4:8; Isa. 58:6-12; Joel 2:12-13; Ps. 51:17

STEPS OF SALVATION:

FROM **SINNER** TO **SAVED**

