

**THE PRACTICE OF FASTING IN THE HISTORY OF ISRAEL**

1. Historical
2. Theological Significance
3. Special Calls to fast Joel 1:14
4. The Fast that God rejects Isaiah 58

**THE PRACTICE OF FASTING BY THE LORD JESUS**

1. Special  
40 days and 40 nights
2. Significance
  - a) Pre-ministry
  - b) Preparation
  - c) Prayer
  - d) Meditation

**THE PRACTICE OF FASTING IN THE DAYS OF JESUS**

1. The fast of the hypocrites Matthew 6:16
2. Rejection of this fast
3. The correct way to fast Matthew 6:17

**WHY THE DISCIPLES OF THE LORD DID NOT FAST**

1. Query from two groups of people
  - a) The disciples of John
  - b) The Pharisees
2. Why do the disciples of Jesus not fast Mark 2:18; Matthew 9:14; Luke 5:33-35

### 3. The answer of the Lord Jesus

- a) His Presence
- b) Parable of the Bridegroom
- c) There will come a day when there will be fasting  
Luke 5:35; Matthew 9:15; Mark 2:20

## **THE PERSONAL PRACTICE OF FASTING**

### 1. Pre-requisites

- a) There is understanding of the practice of fasting
- b) It is not something to be seen as meritorious
- c) It is not an attempt to force God's hand

### 2. Personal

- a) It is personal practice
- b) You cannot impose this on anyone
- c) It is something that is desired personally

### 3. On the outside

- a) No attempt to draw any attention to your fasting practice
- b) Nobody needs to know that you are fasting