



# THE BIBLICAL PRACTICE OF FASTING

Sunday Night Study by Ray Reynolds (9/11/11)

Introduction: What does the Word of God say about fasting? Have you ever thought about why the church does not practice fasting today? Should we? Let's see if we can answer some questions. . . .

## Discussion:

### **I. FASTING IN THE OLD TESTAMENT**

- A. When did they fast in the Old Testament?
- B. Why did they fast in the Old Testament?
- C. How did they fast in the Old Testament?
- D. How long did they fast in the Old Testament?
- E. What were they told about fasting in the Old Testament?

### **II. FASTING IN THE NEW TESTAMENT**

- A. How did Jesus feel about fasting?
- B. How did the Paul feel about fasting?
- C. How did the early church feel about fasting?

### **III. FASTING IN THE CHURCH TODAY**

- A. How should the church feel about fasting today?
- B. Why should the church feel this way about fasting today?
- C. What else can we learn about fasting?

Conclusion: How is your relationship to God? Do you need the prayers of this church family? Have you started your journey as a new creature yet? Do you seek the will of God for your life?

**WORD OF THE DAY = "FASTING"**