



Prayer & Fasting

Fasting: A Biblical Overview

Instances of fasting in Scripture:

The Israelites fasted for the restoration of the Ark of the Covenant.

- 1 Samuel 7:6

Nehemiah fasted when he heard about Jerusalem's condition.

- Nehemiah 1:4

The prophet Joel called the Israelites to fast.

- Joel 2:12

Cornelius.

- Acts 10:30

Commissioning of Barnabas and Saul to their first missionary journey.

- Acts 13:13

A pattern for the Apostle Paul.

- 2 Corinthians 6:5

A Christian family practice.

- 1 Corinthians 7:5

Jesus' fast.

- Matthew 4:2

Jesus' instructions to His disciples.

- Matthew 6:16-18
- Mark 2:20

Purposes of fasting:

Expressing humility, grief and repentance.

- 2 Samuel 1:11-12
- 1 Kings 21:27-29

- Psalm 35:13

Seeking God more intimately and intensely.

- Judges 20:26-28
- Jeremiah 36:47

Preparing for effectiveness in God's will and work.

- Ezra 8:21-23

Receiving strength and victory during spiritual battle.

- Matthew 4:23

Securing God's protection and deliverance.

- 2 Chronicles 20:24
- Esther 4:15-16

Demonstrating devotion to God

- Luke 2:36-38