

June 19, 2022
Sermons from the Pews 2022
What the Bible Says About Fasting
Luke 4:1-2; Acts 13:1-3, and others

Is fasting even for Christians? (Matthew 9:15)

“And Jesus said to them, ‘Can the wedding guests mourn as long as the bridegroom is with them? The days will come when the bridegroom is taken away from them, and then they will fast’” (Matthew 9:15).

Three Types of Biblical Fasting

Defining Moment Fast (Luke 4 and Acts 13)

*“And Jesus, full of the Holy Spirit, returned from the Jordan and was led by the Spirit in the wilderness for forty days, being tempted by the devil. And he ate nothing during those days. And when they were ended, he was hungry”
(Luke 4:1-2).*

Turning from Sinful Choices Fast (1 Samuel 7:3-17)

“Then Samuel said, ‘Gather all Israel at Mizpah, and I will pray to the LORD for you.’ So they gathered at Mizpah and drew water and poured it out before the LORD and fasted on that day and said there, ‘We have sinned against the LORD.’” And Samuel judged the people of Israel at Mizpah” (1 Samuel 7:5-6).

Tragic Calamity Fast (Psalm 35:1, 13-14)

*“But I, when they were sick—I wore sackcloth; I afflicted myself with fasting; I prayed with head bowed on my chest. I went about as though I grieved for my friend or my brother; as one who laments his mother, I bowed down in mourning”
(Psalm 35:13-14).*

“Christian fasting, at its root, is the hunger of a homesickness for God. Christian fasting is not only the spontaneous effect of superior satisfaction in God, it is also a chosen weapon against every force in the world that would take that satisfaction away” (John Piper, *Hunger for God*).

