

What God says about... FASTING

What is fasting?

1. What is “fasting”? What do you think “fasting” looks like? Have you done it before? What experiences have you had with it?

David when he fasted...

2. Read 2 Samuel 12:1-23. Why did David fast?

How did the servants think that David would've reacted to finding out about the death of his child? How did David really act?

What does this passage teach us about fasting?

True fasting...

3. Read Isaiah 58. What did the people do as they were fasting?

Does this show that they really have humbled themselves (v3) and that they seek out the Lord (v2)? Why?

What does God see as more important than fasting?

What does this tell us about fasting?

Jesus' teaching on fasting...

4. Read Matthew 6:16-18. How does Jesus say we are to fast?

Does this mean we shouldn't tell anyone about our fasting? Why?

More examples of fasting...

5. What do each of the following texts show about fasting?
 - a. Ezra 8:21-23

b. Jonah 3

c. Acts 14:21-28

6. Can you think of other examples of people fasting from the Bible?

Implications and Applications...

7. What is the point of fasting?
8. What do you think are some appropriate times to fast?
9. What other things are appropriate when you are fasting?
10. Does the idea of fasting scare you? Why/why not?
11. Do you think you should fast more?

[After the discussion, take some time to pray together, about what you studied, and also sharing any other personal prayer requests.]