

WHY DO WE FAST

References:

Topic for Christian Youth.

Notes For Servants:

- 1.
- 2.

Objectives:

General:

Specific:

- 1.
- 2.
- 3.

Instructions:

- 1.
- 2.
- 3.

Bible Verse:

"This kind can come forth by nothing, but by prayer and fasting."

(Mark 9:29)

Lesson:

Why do we fast?

It is very important question, and we ask same question many times. We try to take a look on what the Bible say about this.

1- Fasting as a help for repentance:

1 Sam 7:6

6And they gathered together to Mizpeh, 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 children of Israel in Mizpeh.

Neh 9:1-2

9:1Now in the twenty and fourth day of this month the children of Israel were assembled with fasting, and with sackclothes, and earth upon them.

2And the seed of Israel separated themselves from all strangers, and stood and confessed their sins, and the iniquities of their fathers.

The Story of Ninevah

2- Fasting improve you relationship with God (prayer):

Dan 9:3

3And I set my face unto the Lord God, to seek by prayer and supplication, with fasting, and sackcloth, and ashes:

3- Observed on occasions of public calamities:

People Morn King Saul

2 Sam 1:12

12And they mourned, and wept, and fasted until even, for Saul, and for Jonathan his son, and for the people of the LORD, and for the house of Israel; because they were fallen by the sword.

As we morn our martyrs in Egypt and around the world.

4- Afflictions

Ps 35:13

13But as for me, when they were sick, my clothing was sackcloth: I humbled my soul with fasting; and my prayer returned into mine own bosom.

Dan 6:18

18Then the king went to his palace, and passed the night fasting: neither were instruments of musick brought before him: and his sleep went from him.

2 Sam 12:16

16David therefore besought God for the child; and David fasted, and went in, and lay all night upon the earth.

5- Approaching danger:

Est 4:16

16Go, gather together all the Jews that are present in Shushan, and fast ye for me, and neither eat nor drink three days, night or day: I also and my maidens will fast likewise; and so will I go in unto the king, which is not according to the law: and if I perish, I perish.

6- Ordination of ministers:

Acts 13:3

3And when they had fasted and prayed, and laid their hands on them, they sent them away.

Acts 14:23

23And when they had ordained them elders in every church, and had prayed with fasting, they commended them to the Lord, on whom they believed.

7- Preparing for a new service:

Matt 4:1

4:1Then was Jesus led up of the Spirit into the wilderness to be tempted of the devil.