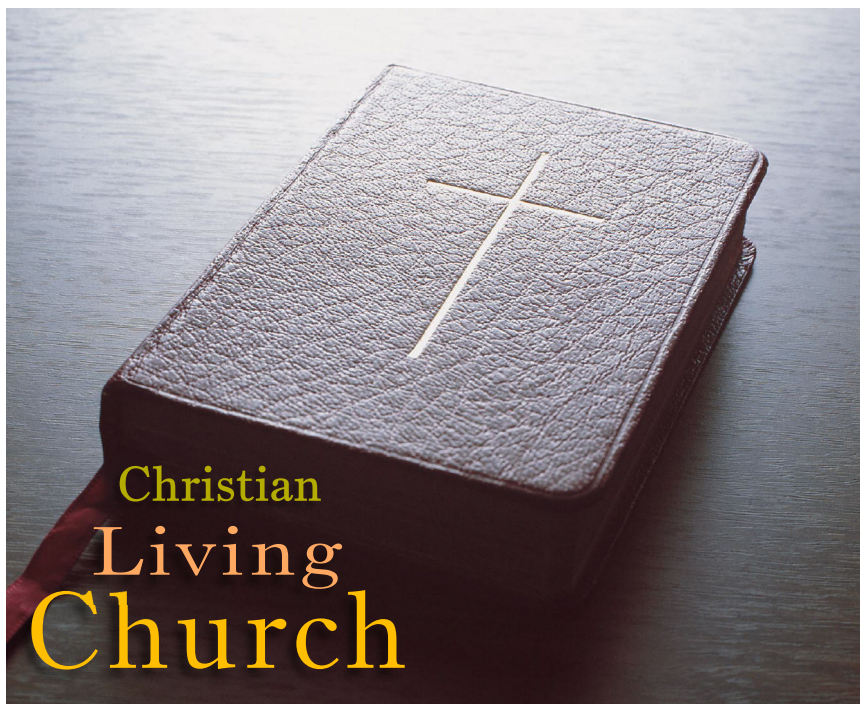


Fasting

“But the days will come when the bridegroom shall be taken away from them, and then they shall fast in those days.”



Christian
Living
Church

Fasting



This series of lessons has been designed for private study or classroom presentation. The purpose of this foreword is to explain certain conventions utilized throughout the program. The overall concept is to begin with the basic concepts necessary for the new convert to understand and progress toward more complex doctrine. The lessons are numbered in order to maintain the proper sequence of study.

When Scripture references are encountered in the text, various actions are recommended. When in parenthetical bold (**Genesis 1:1**) the verse is to be looked up and read right away. Frequently, the next textual statement will comment on that verse. Reading verse and text in proper order will enhance one's understanding of the verse. Direct quotes from Scripture will be "*bold italicized and contained in quotation marks*" and, unless otherwise noted, will be from the King James Bible. When the reference is in parenthetical non-bold (Genesis 1:1) it is to provide the Scriptural basis for the statement if confirmation is desired. References in blue [Genesis 1:1](#) will be listed in the lesson section entitled **FURTHER STUDY**.

FURTHER STUDY is the "homework" section. Its purpose is to encourage Bible study at home. The referenced verses have a short summation to assist the student desiring more knowledge about a subject to find what they are looking for.

The **DISCUSSION QUESTIONS** section is primarily for classroom use. Open discussion with the exchange of ideas produces growth for all involved. Most of the time the answer is contained in the referenced Scripture but sometimes the question is offered for open discussion. Even in private Bible study, analysis of the question and the search for its answer can be rewarding.

This work is offered to anyone with a desire to better understand God's Word. It is our hope and prayer that the person studying these lessons will come away with a better understanding of God's will and a closer walk with our Lord, Jesus Christ.

With Loving Concern for all those seeking God's Message
The Church of God Rocky Mount
Rocky Mount, Virginia

Key Verse: Luke 5:35



“But the days will come when the bridegroom shall be taken away from them, and then they shall fast in those days.”

Discussion Question:

What does this Key Verse mean to you?

Fasting is probably the most unused tool the Christian has. The Christian has a tool box full of valuable tools, prayer is one tool, another tool is Bible study, another is fellowship with people of like mind. The Sabbath day and all the feast days are tools the Christian uses to fine-tune his relationship with God. The one tool that is seldom used is fasting, the reason for this is simple, it's an unpleasant experience, no one likes to experience hunger pain. In our culture, we have become so accustomed to eating three meals a day that if we miss a meal we feel something is dreadfully wrong. Since we're using the

analogy of the tool box let's consider the mechanic that works on your vehicle. There are some things that *cannot* be fixed on your vehicle unless the proper tool is used. Could the same be true about your personal relationship with God that there are some things that cannot be fixed unless we use all the tools in the Christians tool box?

Most people gloss over the fact of how much fasting was used throughout the Bible. Fasting was used when praying for the sick. David even used fasting when praying for his enemy (**Psalm 35:13**). Fasting was used when a king and his son were killed in combat (**2 Samuel 1:12**). In today's society fasting would be used when calamity strikes America such as the terrorist attack on

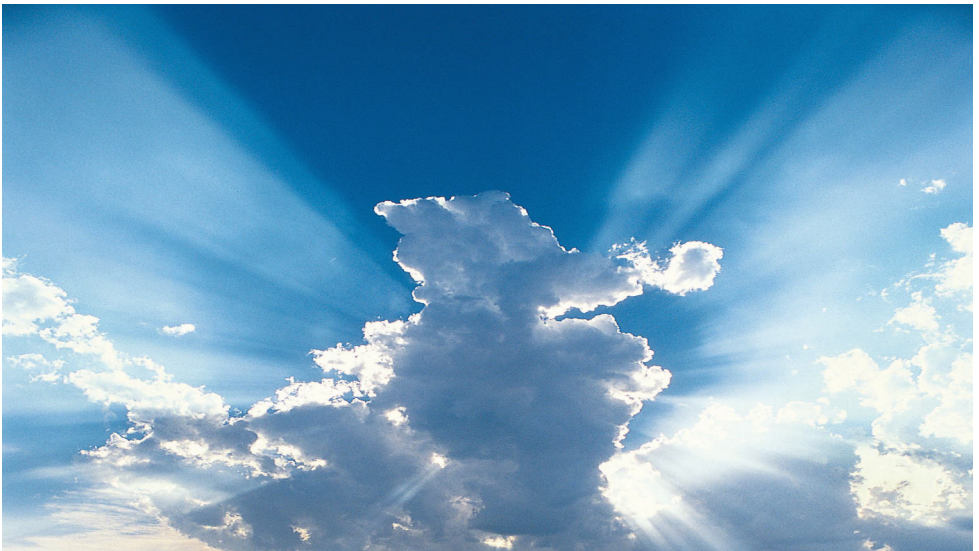
Fasting



the World Trade Center. Fasting was used when David thought his infant son may die (**2 Samuel 12:16**). Fasting was used as a tool when a critical decision had to be made, a decision where the consequence could mean death (**Esther 4:16**). Fasting was used as a tool to gain direction from the Lord (**Acts 13:2**). Fasting was a tool to reveal the humility of the heart (**Joel 2:12**). Fasting was used as a tool for seeking God (**Daniel 9:3**).

fasting was a commonly used tool, much like prayer and Bible study. Jesus was specifically asked about fasting. Notice what He said (**Luke 5:33-35**). With this passage it is obvious that Jesus, after His departing, would expect His disciples to use the tool of fasting. If you've encountered a tough problem that won't go away, if you're seeking answers from God then you may want to take another look at your toolbox and pick up that dreaded unused tool called fasting.

We see, through scriptures, that



Fasting



Discussion Questions:

1. What is fasting? **Exodus 34:28**

2. Is Fasting commanded?
Leviticus 23:27, 29

3. Are there other times, besides the Day of Atonement, when we need to fast? **Matthew 17:21**

Fasting



Notes:

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