

# GETTING A FRESH START

## 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 13:1-3
- > 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**
- **Psalms 35:13**

• **1 Kings 21:27-29**

> Seeking God more intimately and intensely.

- **Judges 20:26-28**

• **Jeremiah 36:4-7**

> Preparing for effectiveness in God's will and work.

- **Ezra 8:21-23**

> Receiving strength and victory during spiritual battle.

- **Matthew 4:2-3**

> Securing God's protection and deliverance.

- **2 Chronicles 20:2-4**

• **Esther 4:15-16**

> Demonstrating devotion to God

- **Luke 2:36-38**