

Is It Time?

Fasting in the Scriptures

Part 1

“Call a fast....”

“There are sins of this same character [oppression and lack of love] among us today, and they bring the rebuke of God upon his church. Wherever such sins are found, seasons of fasting and prayer are indeed necessary; but they must be accompanied with sincere repentance and decided reformation. Without such contrition of soul, these seasons only increase the guilt of the wrong-doer.” Review and Herald, October 13, 1891, par. 6.

- 1 Exodus 19:10-11, 14 (Fasting when the Law was given on Mt. Sinai.)
- 2 Exodus 24:18; 34:28; Deut. 9:9, 18,25 (Moses’ miracle sustaining on
3 the mount for forty days and forty nights.)
- 4 Leviticus 23:26-32 (On the Day of Atonement, people were required
5 to afflict their souls, which included fasting according to Mrs. White.)
- 6 Judges 20:26 (Israel fasted till evening after 18,000 men died at the
7 hands of the Benjamites, burning sacrifices, and inquiring whether
8 they should go out to battle them again.)
- 9 1 Samuel 7:6 (Israel fasted when acknowledging its sin in the time of
10 Samuel.)
- 11 1 Samuel 31:13 (Seven-day fast after Saul and sons were buried.)
- 12 2 Samuel 1:12 (David’s day-long fast for Saul and Jonathan after they
13 were killed.)
- 14 2 Samuel 12:16-22 (David’s seven day fast for the sick child born of
15 Bathsheba.)

16 1 Kings 19:4-10 (Elijah went forty days and nights in the strength of
17 God's miracle food.)

18 1 Kings 21:9, 12, 27 (Jezebel's false fast that was used to bring about
19 the death of Naboth.)

20 1 Kings 21: 25-29 (God's judgment on Ahab was delayed because he
21 humbled himself and fasted.)

22 1 Chronicles 10:12 (Seven day fast for Saul and sons - 1 Sam. 31:13.)

23 2 Chronicles 20:3 (Jehoshaphat sought the Lord and proclaimed a fast
24 when he learned that a great multitude of Moabites were coming
25 against him and his people.)

26 Ezra 8:15, 21-23 (Ezra proclaimed a fast when he discovered that no
27 Levites had joined him, and to seek God's special protection in travel-
28 ing back to Jerusalem.)

29 Ezra 9:1-5 (Ezra tore his hair and fasted over the news that the people
30 had not separated themselves from the people of the land, and that the
31 leaders were foremost in that trespass.)

32 Nehemiah 1:4 (Nehemiah's first fast over troubling news from
33 Jerusalem.)

34 Nehemiah 9:1 (Assembly of children of Israel with fasting and sack-
35 cloth when they separated themselves from all foreigners and con-
36 fessed their sins.)

37 Esther 4:1-3,15-16 (Esther asked that all of the people join her fasting
38 for three days prior to her going unsummoned to the King.)

39 Esther 9:31 (Brief mention of fast proclaimed in Esther 4:15-16.)

40 Psalms 35:13 (David fasted in seeking health for others who were not
41 supportive of him.)

42 Psalms 69:10 (David fasted and put on sackcloth in seeking deliver-
43 ance from the reproach that was being placed upon him.)

44 Psalms 109:24 (David fasted to overcome reproach.)

45 Isaiah 22:12 (The people had built up their own defenses, and were
46 choosing not to look to God or respect Him. God called for a fast, but
47 the people responded with feasting.)

48 Isaiah 58:3-6 (Ongoing oppression and lack of love caused God to ig-
49 nore the people's fast, and resulted in the Almighty's call for the true
50 fast.)

51 Jeremiah 14:12 (As a result of ongoing iniquity, God said he would
52 not hear the people's cries when they were fasting, and directed Jere-
53 miah to not pray for them.)

54 Jeremiah 36:4-10 (A fast was proclaimed for all the people in
55 Jerusalem and those who came there.)

56 Daniel 6:18 (Mention made of the king fasting while Daniel was in the
57 lions' den.)

58 Daniel 9:3-4: (Daniel's private fast was motivated by concern that
59 God's 70 years of judgment might be extended much longer.)

60 Daniel 10:1-3 (Daniel fasted three full weeks, seeking more informa-
61 tion. Jesus Himself responded.)

62 Joel 1:13-14 (A call to fast, hold a sacred assembly and cry out to
63 God.)

64 Joel 2:1, 13-17 (A call to fasting and sacred assembly in response to
65 the natural locusts disaster, sent in judgment from God.)

66 Jonah 3:5-10 (A pagan king's call to fasting, humbling, turning from
67 wickedness and crying out to God, to avert the judgment announced
68 by Jonah).

69 Zechariah 7:3-5 (God questions the kind of fasting going on by the
70 priests: "For Me?")

71 Zechariah 8:18-19 (Calls for fasts of joy.)

72 Matthew 4:2 (Christ's forty day fast in the wilderness.)

73 Matthew 6:16-18 (The fasting of the pharisees is condemned.)

- 74 Matthew 9:14-15/Mark 2:18-19/Luke 5:33-35 (John’s disciples ques-
 75 tioned why the disciples of Jesus did not fast.)
- 76 Matthew 17:21/Mark 9:29 (Father and mute son fail to receive help;
 77 fasting called for by Jesus.)
- 78 Mark 2:18 (See Matt. 9:14-15.)
- 79 Luke 2:36-38 (Anna served God with ongoing prayer and fasting.)
- 80 Luke 5:33-35 (See Matt. 19:14-15.)
- 81 Acts 9:6,7 (Paul fasted for three days after his Damascus Road
 82 conversion.)
- 83 Acts 10:30 (Cornelius fasted till 3 PM.)
- 84 Acts 12:5 (“The entire church engaged in fasting and prayer” while
 85 Peter was in prison.)
- 86 Acts 13:2-3 (In the course of fasting, the Holy Spirit directed the
 87 church to separate Barnabas and Saul for witnessing.)
- 88 Acts 14:23 (Prayer and fasting was part of the process of commission-
 89 ing new elders in the church.)
- 90 2 Corinthians 6:5 (Going without food was a regular part of Paul’s ex-
 91 perience. Fasting also refers to abstaining from food for health and
 92 other reasons.)
- 93 1 Corinthians 7:5 (Fasting is sometimes a priority.)

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Fasting Resources		Downloadable Study Guides	
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95 *This Discussion Guide was created for the 2022 GYC Conference in*
 96 *Phoenix, AZ, by Dan Augsburger of Path2Prayer Ministries. Find*
 97 *more resources on fasting and other subjects at discipleheart.com.*
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