

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 (Fast to prepare for Law being given on Mt. Sinai
- 2 per PP 303.5 - humiliation, fasting, prayer.)
- 3 Exodus 24:18; 34:28; Deut. 9:9, 18,25 (Moses’ two God-enabled forty
- 4 day fasts on the mount.)
- 5 Leviticus 23:26-32 (Day of Atonement fast when the people afflicted
- 6 their souls per PP 355.4 - included fasting and deep searching of heart.)
- 7 Judges 7:5-6 (Time spent caring for physical necessities in the course of
- 8 Gideon’s call to battle determined fitness for service.)
- 9 Judges 20:26 (Israel fasted at God’s house until evening after 18,000
- 10 men died at the hands of the Benjamites, fasting, burning sacrifices, and
- 11 inquiring whether they should go out to battle them again.)
- 12 1 Samuel 7:6 (One day general fast brought on by twenty years of ene-
- 13 my oppression; included fasting, confession per PP 590.3.)
- 14 1 Samuel 31:13 (Seven-day fast by people of Jabeshgilead after Saul and
- 15 sons were buried, in gratitude for Saul’s deliverance in the past.)
- 16 2 Samuel 1:12 (David’s partial-day fast for Saul and Jonathan after they

17 were killed. David mourned without any malice per PP 695.1.)
18 2 Samuel 12:16-22 (David's seven day fast for his sick child.)
19 1 Kings 13:8,9 (Fast mandated to the young prophet by God.)
20 1 Kings 19:4-10 (Elijah went forty days and nights in the strength of
21 God's miracle food.)
22 1 Kings 21:9, 12, 27 (Jezebel's false fast bringing Naboth's death.)
23 1 Kings 21: 25-29 (God's judgment on Ahab was delayed because he
24 humbled himself and fasted.)
25 1 Chronicles 10:12 (Seven day fast for Saul and sons - 1 Sam. 31:13.)
26 2 Chronicles 20:3 (Jehoshaphat sought the Lord and proclaimed a fast
27 upon learning that a great multitude of Moabites were coming against
28 him and his people.)
29 Ezra 8:15, 21-23 (Ezra proclaimed a fast when he discovered that no Le-
30 vites had joined him, and in seeking God's special protection.)
31 Ezra 9:1-5 (Ezra tore his hair and fasted over the news that the people
32 had not separated themselves from the people of the land, and that the
33 leaders were foremost in that trespass.)
34 Ezra 10:6 (Ezra's private fast response to sin of unequal yoking.)
35 Nehemiah 1:4 (Nehemiah's first fast over troubling news from
36 Jerusalem.)
37 Nehemiah 9:1 (Assembly of children of Israel with fasting and sackcloth
38 when they separated themselves from all foreigners and confessed their
39 sins.)
40 Esther 4:1-3,15-16 (Esther asked that all of the people join her fasting
41 for three days prior to her going unsummoned to the King.)
42 Esther 9:31 (Brief mention of fast proclaimed in Esther 4:15-16.)
43 Psalms 35:13 (David fasted in seeking health for others who were not
44 supportive of him.)
45 Psalms 69:10 (David fasted and put on sackcloth in seeking deliverance
46 from the reproach that was being placed upon him.)
47 Psalms 109:24 (David again fasted to overcome reproach.)

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

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

54 Jeremiah 14:12 (As a result of ongoing iniquity, God said he would not
55 hear the people's cries when they were fasting, and directed Jeremiah to
56 not pray for them.)

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

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

61 Daniel 9:3-4: (Daniel's private fast was motivated by concern that God's
62 70 years of judgment might be extended much longer.)

63 Daniel 10:1-3 (Daniel fasted three full weeks, seeking more information.
64 Jesus Himself responded.)

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

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

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

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

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

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

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

76 Matthew 9:14-15/Mark 2:18-19/Luke 5:33-35 (John's disciples ques-
77 tioned why the disciples of Jesus did not fast.)

78 Matthew 17:21/Mark 9:29 (Father and mute son fail to receive help;

79 fasting called for by Jesus.)

80 Mark 2:18 (See Matt. 9:14-15.)

81 Luke 2:36-38 (Anna served God with ongoing prayer and fasting.)

82 Luke 5:33-35 (See Matt. 9:14-15.)

83 John 1:47-48 (Nathanael prayed and fasted to understand truth - EGW:

84 Ms8a-1888.)

85 Acts 1:14 (Fasting was part of the preparation for the outpouring of the

86 Holy Spirit on the Day of Pentecost—ST January 20, 1898, par. 8.)

87 Acts 9:6,7 (Paul fasted for three days after his Damascus Road

88 conversion.)

89 Acts 10:30 (Cornelius fasted till 3 PM.)

90 Acts 12:5 (“The entire church engaged in fasting and prayer” while Pe-

91 ter was in prison.)

92 Acts 13:2-3 (In the course of fasting, the Holy Spirit directed the church

93 to separate Barnabas and Saul for witnessing.)

94 Acts 14:23 (Prayer and fasting was part of the process of commissioning

95 new elders in the church.)

96 1 Corinthians 7:5 (Fasting is sometimes a priority.)

97 2 Corinthians 6:5 (Going without food was a regular part of Paul’s expe-

98 rience. Fasting also refers to abstaining from food for health and other

99 reasons.)

100 Fasting Resources

Downloadable Study Guides



101 *This Discussion Guide was created for the 2022 GYC Conference in*

102 *Phoenix, AZ, by Dan Augsburger of Path2Prayer Ministries. Find*

103 *more resources on fasting and other subjects at discipleheart.com.*

104 *Contact Dan by email: discipleheart@protonmail.com. 2023 Pt1*