

Fasting

1. What is fasting? (2 Samuel 12:21; Esther 4:16; Jonah 3:5-7; 2 Corinthians 11:27)
2. How often should you fast? (Matthew 6:16; Luke 2:37)
3. How long should you fast? (Judges 20:26; 1 Chronicles 10:12; Esther 4:16; Psalm 109:24; Matthew 4:2)
4. Who should know about your fasting? (Matthew 6:17-18)
5. Are you commanded to fast? (Matthew 6:17; Mark 2:18-20)
6. What attitude should be associated with fasting? (1 Kings 21:27-29; Ezra 8:21; Psalm 35:13; Isaiah 58:3-5)
7. In the following passages, what does fasting accompany?
 - a. Judges 20:26-27
 - b. 2 Samuel 12:15-23; 2 Chronicles 20:3-4; Ezra 8:22-23; Nehemiah 1:3-6; Matthew 17:21
 - c. 1 Samuel 7:5-6; Nehemiah 9:1-2; Daniel 9:3-5; Joel 2:12; Jonah 3:4-10
 - d. 2 Samuel 1:12; Esther 4:3
 - e. Acts 13:2-3; 14:23
8. Does fasting obligate God to you? (Isaiah 58:3; Jeremiah 14:12; Matthew 6:16; Luke 18:11-14)
9. Does fasting improve your walk with God? (Joel 2:12-15; Zechariah 7:5)
10. What must precede fasting? (Isaiah 58:3-7)
11. Is fasting limited to food and water? (Daniel 6:18; 1 Corinthians 7:5)

12. Fasting is a picture of what overall concept? (Isaiah 58:13-14; Matthew 4:4)
13. Fasting is not mentioned in any of the New Testament epistles (although the word is used in 2 Corinthians 6:5; 11:27). The last mention of it is found in the book of Acts. Is there any significance to this?
14. Does fasting require total abstinence? For example, is it okay to give up meat, but continue to eat vegetables?
15. Should you fast for the purpose of losing weight?
16. A friend of yours asks whether she should fast regularly. What advice would you give her?
17. A friend of yours wants to fast, but doesn't know what to do. What advice would you give him?
18. Who cares? What difference does all this make in the way you live your life?