

Fasting for the Kingdom of God: Why We Fast



Scriptures

- **Mark 2:18-20**

John's disciples and the Pharisees were fasting; and they came and said to Him, "Why do John's disciples and the disciples of the Pharisees fast, but your disciples do not fast?" And Jesus said to them, "While the bridegroom is with them, the attendants of the bridegroom cannot fast, can they? So long as they have the bridegroom with them, they cannot fast. But the days will come when the bridegroom is taken away from them, and then they will fast in that day."

- **Matthew 4:1-2**

Then Jesus was led up by the Spirit into the wilderness to be tempted by the devil. And after He had fasted forty days and forty nights, He then became hungry.

- **Exodus 34:28-29**

So he was there with the Lord forty days and nights; he did not eat bread or drink water. And he wrote on the tablets the words of the covenant, the Ten Commandments. It came about when Moses was coming down from Mount Sinai (and the two tablets of the testimony were in Moses' hand as he was coming down from the mountain), that Moses did not know that the skin of his face shone because of his speaking with Him.

- **Matthew 6:16-18**

Whenever you fast, do not put on a gloomy face as the hypocrites do, for they neglect their appearance so that they will be noticed by men when they are fasting. Truly I say to you, they have their reward in full. But you, when you fast, anoint your head and wash your face so that your fasting will not be noticed by men, but by your Father who is in secret; and your Father who sees [what is done] in secret will reward you.

Other Scriptures

- Matthew 3:17
- Matthew 4:1-2
- Luke 4:14
- Philippians 2:6-7
- John 1:4
- Luke 5:35
- John 13:23
- Matthew 6:33 KJV

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Main Points

- Hebrew word for fast is **tsum**.
- Most fasts involve water, but not food.
- There is a reward for those who fast.
- Fasting produces spiritual results that cause us to become more supernaturally aware of the Lord's presence in our life.
- Jesus expected His followers to fast.
- When we fast the natural for the sake of receiving more of the supernatural, we're brought into a greater sense of closeness to God.
- Jesus performed His miracles on earth not as God, but as man that was depending on the Holy Spirit.
- We are dependent on the Holy Spirit for life.

Discussion Questions

1. Why is fasting a desirable discipline?
2. How do we know fasting was an activity Jesus assumed we would engage in?
3. What are some results fasting will accomplish for us in our life with God?
4. How did Moses and Jesus demonstrate the spiritual power in fasting for the Kingdom?
5. Does fasting mean the same thing for everyone? Must it be food and water or can it vary?