

Is Fasting a Discipline?

1	<p><u>Leviticus 16:29</u> <i>This shall be a permanent statute for you: in the seventh month, on the tenth day of the month, you shall humble your souls and not do any work, whether the native, or the alien who sojourns among you;</i></p> <p><u>Leviticus 23:27</u> On exactly the tenth day of this seventh month is the day of atonement; it shall be a holy convocation for you, and you shall humble your souls and present an offering by fire to the LORD.</p> <p><u>Psalm 35:13</u> But as for me, when they were sick, my clothing was sackcloth; I humbled my soul with fasting, and my prayer kept returning to my bosom.</p>
2	<p><u>Leviticus 23:27</u> On exactly the tenth day of this seventh month is the day of atonement; it shall be a holy convocation for you, and you shall humble your souls and present an offering by fire to the LORD.</p>
3	<p><u>Judges 20:26</u> Then all the sons of Israel and all the people went up and came to Bethel and wept; thus they remained there before the LORD and fasted that day until evening. And they offered burnt offerings and peace offerings before the LORD.</p> <p><u>2 Samuel 12:15-16</u> 15. So Nathan went to his house. Then the LORD struck the child that Uriah's widow bore to David, so that he was very sick. 16. David therefore inquired of God for the child; and David fasted and went and lay all night on the ground.</p> <p><u>1 Samuel 31:13</u> They took their bones and buried them under the tamarisk tree at Jabesh, and fasted seven days.</p> <p><u>Nehemiah 9:1-3</u> 1. Now on the twenty-fourth day of this month the sons of Israel assembled with fasting, in sackcloth and with dirt upon them. 2. The descendants of Israel separated themselves from all foreigners, and stood and confessed their sins and the iniquities of their fathers. 3. While they stood in their place, they read from the book of the law of the LORD their God for a fourth of the day; and for <i>another</i> fourth they confessed and worshiped the LORD their God.</p>

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5	<p><u>Judges 20:26</u> Then all the sons of Israel and all the people went up and came to Bethel and wept; thus they remained there before the LORD and fasted that day until evening. And they offered burnt offerings and peace offerings before the LORD.</p> <p><u>Daniel 6:18</u> Then the king went off to his palace and spent the night fasting, and no entertainment was brought before him; and his sleep fled from him.</p> <p><u>Esther 4:16</u> "Go, assemble all the Jews who are found in Susa, and fast for me; do not eat or drink for three days, night or day. I and my maidens also will fast in the same way. And thus I will go in to the king, which is not according to the law; and if I perish, I perish."</p> <p><u>1 Kings 19:8</u> So he (<i>Elijah</i>) arose and ate and drank, and went in the strength of that food forty days and forty nights to Horeb, the mountain of God.</p> <p><u>Matthew 4:2</u> And after He had fasted forty days and forty nights, He then became hungry.</p>

6	<p><u>Luke 4:1-2</u></p> <ol style="list-style-type: none">1. Jesus, full of the Holy Spirit, returned from the Jordan and was led around by the Spirit in the wilderness2. for forty days, being tempted by the devil. And He ate nothing during those days, and when they had ended, He became hungry.
7	<p><u>Matthew 6:16-18</u></p> <ol style="list-style-type: none">16. "Whenever you fast, do not put on a gloomy face as the hypocrites <i>do</i>, 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.17. "But you, when you fast, anoint your head and wash your face18. so that your fasting will not be noticed by men, but by your Father who is in secret; and your Father who sees <i>what is done</i> in secret will reward you.
8	<p><u>Matthew 9:14-15</u></p> <ol style="list-style-type: none">14. Then the disciples of John came to Him, asking, "Why do we and the Pharisees fast, but Your disciples do not fast?"15. And Jesus said to them, "The attendants of the bridegroom cannot mourn as long as the bridegroom is with them, can they? But the days will come when the bridegroom is taken away from them, and then they will fast. <p><u>Mark 2:18-20</u></p> <ol style="list-style-type: none">16. 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?"17. 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.18. "But the days will come when the bridegroom is taken away from them, and then they will fast in that day. <p><u>Luke 5:33-39</u></p> <ol style="list-style-type: none">33. And they said to Him, "The disciples of John often fast and offer prayers, the <i>disciples</i> of the Pharisees also do the same, but Yours eat and drink."34. And Jesus said to them, "You cannot make the attendants of the bridegroom fast while the bridegroom is with them, can you?"35. "But <i>the</i> days will come; and when the bridegroom is taken away from them, then they will fast in those days."

9	<p><u>Acts 13:1-3</u></p> <ol style="list-style-type: none">1. Now there were at Antioch, in the church that was <i>there</i>, prophets and teachers: Barnabas, and Simeon who was called Niger, and Lucius of Cyrene, and Manaen who had been brought up with Herod the tetrarch, and Saul.2. While they were ministering to the Lord and fasting, the Holy Spirit said, "Set apart for Me Barnabas and Saul for the work to which I have called them."3. Then, when they had fasted and prayed and laid their hands on them, they sent them away. <p><u>Acts 14:21-23</u></p> <ol style="list-style-type: none">21. After they had preached the gospel to that city and had made many disciples, they returned to Lystra and to Iconium and to Antioch,22. strengthening the souls of the disciples, encouraging them to continue in the faith, and <i>saying</i>, "Through many tribulations we must enter the kingdom of God."23. When they had appointed elders for them in every church, having prayed with fasting, they commended them to the Lord in whom they had believed.
12	<p><u>Zechariah 7:4-6</u></p> <ol style="list-style-type: none">4. Then the word of the LORD of hosts came to me, saying,5. "Say to all the people of the land and to the priests, 'When you fasted and mourned in the fifth and seventh months these seventy years, was it actually for Me that you fasted?'6. 'When you eat and drink, do you not eat for yourselves and do you not drink for yourselves?' <p><u>Zechariah 7:11-14</u></p> <ol style="list-style-type: none">11. "But they refused to pay attention and turned a stubborn shoulder and stopped their ears from hearing.12. "They made their hearts <i>like</i> flint so that they could not hear the law and the words which the LORD of hosts had sent by His Spirit through the former prophets; therefore great wrath came from the LORD of hosts.13. "And just as He called and they would not listen, so they called and I would not listen," says the LORD of hosts;14. "but I scattered them with a storm wind among all the nations whom they have not known. Thus the land is desolated behind them so that no one went back and forth, for they made the pleasant land desolate." <p><u>Philippians 3:8</u></p> <p>More than that, I count all things to be loss in view of the surpassing value of knowing Christ Jesus my Lord, for whom I have suffered the loss of all things, and count them but rubbish so that I may gain Christ,</p>