

Text: Various  
Topics: Fasting and Prayer  
Series: More Disciplines!

Monroe Bible Church  
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## Should I Fast?

A fast is to abstain from eating food for a certain period of time.

### I. The Old Testament Fast

In Old Testament times people fasted as they sought God for various reasons.

### II. The Ineffective Fast (Isaiah 58:1-12)

It isn't the ritual of the fast but the righteousness of the heart that makes a fast effective.

### III. The New Testament Fast (Matthew 6:17-18; 9:16-17)

Fasting was an assumed practice for the purpose of intensely focusing prayer.

Application Questions - *These questions are provided for your further study and application of the subject of today's message. Thoughtfully writing out answers to these questions will help drive home the point. They are designed to be discussed in your home, with other believers, and in a Life Group for even more benefit.*

1. Have you ever fasted? If so, what was the reason and what were the results?

2. Read Exodus 34:28; 1 Samuel 7:6; 2 Samuel 12:16-17; 2 Chronicles 20:3-4; Ezra 8:21; and Ezra 10:6. What were the circumstances of the people who fasted?

Are or have you been in similar circumstances?

3. Read Isaiah 58:1-12. Why was the fasting of the people ineffective? What was missing?

What do you need to be sure of in your own life when seeking God through fasting?

4. Read Matthew 6:17-18; and 9:16-17. What did Jesus teach about fasting?

Do you think you should fast? If so, when, and why?