

Study QUESTIONS

Ep.1333: Should Christians Fast?

See:  CQ Rewind
SHOW NOTES

<https://christianquestions.com/doctrine/1333-fasting/>

1. What is the definition of fasting? What does it involve? Is it always just about food? Is it a common practice among American Christians? Among other faiths? (Use Bonus Material and information on page 3 of CQ Rewind Show Notes)
2. Why did people in the Bible fast? Please be thorough in your descriptions: (Leviticus 16:29-31, Nehemiah 1:3-4, 2 Samuel 1:11-12, Luke 2:36-38, Matthew 15:32, 2 Corinthians 6:4-6, Daniel 6:16-19)
3. How did fasting affect Jesus physically? In what way did Satan seek to take advantage of this? Is this a warning to us about extended fasting? Jesus was able to use fasting in what way to counter Satan's three attacks of temptation? Please give Jesus' answer and the "Fasting can help" comments. (Matthew 4:3-4, Matthew 4:5-7, Matthew 4:8-11)
4. Why didn't Jesus' disciples fast like those of John the Baptist? Why were the rituals of the Law (like fasting) no longer applicable for Christians? How would the focus of fasting differ for Christians under Jesus compared to Jews under the Law? How can fasting be a tool, especially for Christians? (Matthew 6:16-18, 9:14-15, John 3:29, Hebrews 10:20)
5. Explain the Parables of the New Patch on the Old Garment, and the New Wine in an Old Wineskin. How did this apply to the Jewish Christians in the early church? (Matthew 9:16-17)
6. What was God angry about in Isaiah 58:1-7? What lessons can we take from this? What was the problem? (verses 1-3a) What was God's response to the problem? (verses 3b-5) How did God reframe what He expects from Israel? (verses 6-7)
7. Discuss the "do's and don'ts" of fasting. Be thorough and cite scriptures to prove your points. What does Jesus say about storing treasure? How do we *clear up our eyes*? What are different kinds of fasting? (Matthew 6:16-24, Luke 18:11-12)
8. Are you walking in Jesus' footsteps by storing your "treasures" in heavenly aspirations rather than earthly? Is your eye "clear"? How does the concept of fasting fit into your life?
9. Why did Saul (the Apostle Paul) fast for three days? What might Paul have considered during his fast? How did the teachings of Jesus work in Paul? What should the focus be of Christian fasting? (Acts 9:7-9)
10. How can you use fasting in your life to focus your spiritual concentration? In what way would you fast?