

# GRACE BIBLE CHURCH

— *Lorton* —

## Whenever You Fast

### Various Scriptures

*Doug Sachtleben, Lead Pastor*

*March 22, 2026*

Fasting is rooted in a deep sense of humility before God and is a means by which we draw into more undistracted fellowship with the Lord. Today, we'll see two ways that biblical fasting expresses our humility.

### Questions

1. Have you fasted before? If so, for what purpose? What did you learn from the experience?
2. Read Matthew 6:1-2, 5, and 16. What does the pattern of these verses indicate about the regularity of fasting, as compared to giving and praying?
3. Why did Jesus fast? Why was fasting not a regular practice for Jesus and His disciples throughout His public ministry?
4. Read Joel 2:12-13. Consider these verses along with the others that spoke of fasting alongside confession and repentance. Repentance is a turning of the heart away from self and sin, and toward God. But how might fasting help you in that repentance?
5. Why you might struggle to pray and fast with earnestness for something God could do, but that seems very difficult, if not impossible? How do the examples we've studied help?
6. If you're physically able, would you fast at least a meal this week to pray for God's to work mightily and graciously at Grace Bible Church?
7. What question(s) do you still have about fasting?

For further reading:

*A Hunger for God: Desiring God through Fasting and Prayer* (1997) by John Piper

*Need prayer?*

*Someone will be up front by the piano  
to pray with you after the 1<sup>st</sup> & 2<sup>nd</sup> services.*

[gbclorton.com/sermons](http://gbclorton.com/sermons)

### The Example and Teaching of Jesus

- Matthew 4:1-4
- Matthew 6:16-18
- Matthew 9:14-15

**Fasting is an expression of confession and repentance (Lev 16:29-31; Psalm 35:13; Judges 20:26; 1 Samuel 7:6; Jonah 3:5-9).**

**Fasting is an expression of seeking (Ezra 8:21-23; 2 Chronicles 20:3-4; Esther 4:3, 15-17; Luke 2:37-38; Acts 13:2-3).**