

**GRACE
BIBLE
CHURCH**

— *Lorton* —

John 6:47-48, 51

“Truly I tell you, anyone who believes has eternal life. ⁴⁸ I am the bread of life... ⁵¹ I am the living bread that came down from heaven. If anyone eats of this bread he will live forever. The bread that I will give for the life of the world is my flesh.”

John 4:10

“If you knew the gift of God, and who is saying to you, ‘Give me a drink,’ you would ask him, and he would give you living water.”

Matthew 11:28

“Come to me, all of you who are weary and burdened, and I will give you rest.”

Main Idea

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.

Matthew 4:1-4

Then Jesus was led up by the Spirit into the wilderness to be tempted by the devil. ² After he had fasted forty days and forty nights, he was hungry. ³ Then the tempter approached him and said, “If you are the Son of God, tell these stones to become bread.” ⁴ He answered, “It is written: Man must not live on bread alone but on every word that comes from the mouth of God.”

Matthew 6:16-18

“Whenever you fast, don’t be gloomy like the hypocrites. For they make their faces unattractive so that their fasting is obvious to people. Truly I tell you, they have their reward. ¹⁷ But when you fast, put oil on your head and wash your face, ¹⁸ so that your fasting isn’t obvious to others but to your Father who is in secret. And your Father who sees in secret will reward you.

Matthew 9:14-15

Then John's disciples came to him, saying, "Why do we and the Pharisees fast often, but your disciples do not fast?"

¹⁵ Jesus said to them, "Can the wedding guests be sad while the groom is with them? The time will come when the groom will be taken away from them, and then they will fast."

“The absence of fasting in the band of the disciples was a witness to the presence of God in their midst.”

John Piper

Leviticus 16:29-31

“This is to be a permanent statute for you: In the seventh month, on the tenth day of the month you are to practice self-denial and do no work, both the native and the alien who resides among you. ³⁰ Atonement will be made for you on this day to cleanse you, and you will be clean from all your sins before the LORD. ³¹ It is a Sabbath of complete rest for you, and you must practice self-denial; it is a permanent statute.”

Psalm 35:13

I humbled myself with fasting, and my prayer was genuine.

humbled = practiced self denial (Lev. 16:29, 31)

Judges 20:26

The whole Israelite army went to Bethel where they wept and sat before the LORD. They fasted that day until evening and offered burnt offerings and fellowship offerings to the LORD.

1 Samuel 7:6

They fasted that day, and there they confessed, “We have sinned against the LORD.”

Jonah 3:5

Then the people of Nineveh believed God. They proclaimed a fast and dressed in sackcloth—from the greatest of them to the least.

Jonah 3:7-9

By order of the king and his nobles: No person or animal, herd or flock, is to taste anything at all. They must not eat or drink water. ⁸ Furthermore, both people and animals must be covered with sackcloth, and everyone must call out earnestly to God. Each must turn from his evil ways and from his wrongdoing. ⁹ Who knows? God may turn and relent; he may turn from his burning anger so that we will not perish.

2 Corinthians 7:6-10

But God, who comforts the downcast, comforted us by the arrival of Titus, ⁷ and not only by his arrival but also by the comfort he received from you. He told us about your deep longing, your sorrow, and your zeal for me, so that I rejoiced even more. ⁸ For even if I grieved you with my letter, I don't regret it. And if I regretted it—since I saw that the letter grieved you, yet only for a while...

9 I now rejoice, not because you were grieved, but because your grief led to repentance. For you were grieved as God willed, so that you didn't experience any loss from us. 10 For godly grief produces a repentance that leads to salvation without regret, but worldly grief produces death.

Ezra 8:21-23

I proclaimed a fast by the Ahava River, so that we might humble ourselves before our God and ask him for a safe journey for us, our dependents, and all our possessions. ²² I did this because I was ashamed to ask the king for infantry and cavalry to protect us from enemies during the journey, since we had told him, “The hand of our God is gracious to all who seek him, but his fierce anger is against all who abandon him.” ...

**²³ So we fasted and pleaded with our God about this,
and he was receptive to our prayer.**

2 Chronicles 20:3-4

Jehoshaphat was afraid, and he resolved to seek the LORD. Then he proclaimed a fast for all Judah, ⁴ who gathered to seek the LORD. They even came from all the cities of Judah to seek him.

Esther 4:3

There was great mourning among the Jewish people in every province where the king's command and edict reached. They fasted, wept, and lamented, and many lay in sackcloth and ashes.

Esther 4:15-17

Esther sent this reply to Mordecai: ¹⁶ “Go and assemble all the Jews who can be found in Susa and fast for me. Don’t eat or drink for three days, night or day. I and my female servants will also fast in the same way. After that, I will go to the king even if it is against the law. If I perish, I perish.” ¹⁷ So Mordecai went and did everything Esther had commanded him.

Luke 2:37-38

[Anna] was a widow for eighty-four years. She did not leave the temple, serving God night and day with fasting and prayers. ³⁸ At that very moment, she came up and began to thank God and to speak about him to all who were looking forward to the redemption of Jerusalem.

Acts 13:2-3

As they were worshiping 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 after they had fasted, prayed, and laid hands on them, they sent them off.

[Placeholder if there is a general Arise & Shine slide that can go here]