

**Berean Christian Church**  
**Dr. Kerwin B. Lee, Senior Pastor**

**Bible Study**

January 23, 2024

**“If I’m Going to Last, I Must Fast” Part 2**

**I. Reasons for Fasting**

Listed below are biblical grounds for believers fasting.

1. \_\_\_\_\_ from the Lord is a biblical reason for believers to fast.

**Judges 20:26-27**

*“Then all the Israelites went up to Bethel and wept in the presence of the LORD and fasted until evening. They also brought burnt offerings and peace offerings to the LORD. 27) The Israelites went up seeking direction from the LORD. (In those days the Ark of the Covenant of God was in Bethel,” (NLT)*

2. \_\_\_\_\_ to the Lord is a biblical reason for believers to fast.

**1 Samuel 7:3-6**

*“Then Samuel said to all the people of Israel, “If you want to return to the LORD with all your hearts, get rid of your foreign gods and your images of Ashtoreth. Turn your hearts to the LORD and obey him alone; then he will rescue you from the Philistines.” 4) So the Israelites got rid of their images of Baal and Ashtoreth and worshiped only the LORD. 5) Then Samuel told them, “Gather all of Israel to Mizpah, and I will pray to the LORD for you.” 6) So they gathered at Mizpah and, in a great ceremony, drew water from a well and poured it out before the LORD. They also went without food all day and confessed that they had sinned against the LORD. (It was at Mizpah that Samuel became Israel’s judge.)” (NLT)*

3. \_\_\_\_\_ problems is a biblical reason to fast.

**2 Samuel 12:15-16**

*“After Nathan returned to his home, the LORD sent a deadly illness to the child of David and Uriah’s wife. 16) David begged God to spare the child. He went without food and lay all night on the bare ground.” (NLT)*

(OVER)

4. \_\_\_\_\_ is a biblical reason to fast.

**Ezra 8:22-23**

*“For I was ashamed to ask the king for soldiers and horsemen to accompany us and protect us from enemies along the way. After all, we had told the king, “Our God’s hand of protection is on all who worship him, but his fierce anger rages against those who abandon him.” 23) So we fasted and earnestly prayed that our God would take care of us, and he heard our prayer.” (NLT)*

5. \_\_\_\_\_ is a biblical reason for believers to fast.

**Matthew 4:1-2, 11**

*“Then Jesus was led by the Spirit into the wilderness to be tempted there by the devil. 2) For forty days and forty nights he fasted and became very hungry. 11) Then the devil went away, and angels came and took care of Jesus.” (NLT)*

## II. Recommendations on Fasting

Listed below are various types of fast in the Bible.

1. The \_\_\_\_\_ - Refraining from eating or drinking during your fast.

**Exodus 34:28**

*“Moses remained there on the mountain with the LORD forty days and forty nights. In all that time he ate no bread and drank no water. And the LORD wrote the terms of the covenant—the Ten Commandments—on the stone tablets.” (NLT)*

2. The \_\_\_\_\_ - Deciding as a church family to fast.

**Jonah 3:5**

*“The people of Nineveh believed God’s message, and from the greatest to the least, they declared a fast and put on burlap to show their sorrow.” (NLT)*

3. The \_\_\_\_\_ - Following a regiment of vegetables and water while fasting.

**Daniel 1:12**

*“Please test us for ten days on a diet of vegetables and water,” Daniel said.” (NLT)*

4. The \_\_\_\_\_ - Refraining from certain foods and/or elements when fasting.

**Daniel 10:3**

*“All that time I had eaten no rich food. No meat or wine crossed my lips, and I used no fragrant lotions until those three weeks had passed.” (NLT)*

5. The \_\_\_\_\_ - Abstaining from intercourse with your spouse during your fast.

**1 Corinthians 7:1-5**

*“Now regarding the questions you asked in your letter. Yes, it is good to abstain from sexual relations. 2) But because there is so much sexual immorality, each man should have his own wife, and each woman should have her own husband.” 3) The husband should fulfill his wife’s sexual needs, and the wife should fulfill her husband’s needs. 4) The wife gives authority over her body to her husband, and the husband gives authority over his body to his wife. 5) Do not deprive each other of sexual relations, unless you both agree to refrain from sexual intimacy for a limited time so you can give yourselves more completely to prayer. Afterward, you should come together again so that Satan won’t be able to tempt you because of your lack of self-control.” (NLT)*

**III. Responses to Fasting**

Please share your thoughts to the questions below on the subject of fasting.

1. Please rank the five different fasts according to your previous practices.

- 1) \_\_\_\_\_
- 2) \_\_\_\_\_
- 3) \_\_\_\_\_
- 4) \_\_\_\_\_
- 5) \_\_\_\_\_

2. Which passage during the fast has blessed you the most. (Please Explain).

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

3. What practice during the fast has been the most challenging? (Please Explain).

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**NOTES:**

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_