

Fasting in the New Testament

9/19/26

- Today – Opportunity to give a Bible study
 - Last Wednesday = 5 days before the Day of Atonement
 - Last Wednesday = “Fasting in the Old Testament”
 - Today = 2 days before the Day of Atonement
 - Today’s title = “Fasting in the New Testament”
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3 Main Subheads

- Comment – When I have talked about this subject in the past, I have often used the same 3 main subheads
Some recent times were – 8/24/19 – 9/16/21 – 9/24/25
 - Here are the 3 subheads
 1. After – Repentance
 2. During – Seeking help during a trial
 3. Before – Connecting with our Father
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- Before I give scriptures under the 3 main subheads, I want to mention a few general scriptures – that may not directly fit under the 3 main categories

Matt. 15:32	King James – Christ said – I do not want to send them away “fasting” – (New King James – I do not want to send them away “hungry”)
Mark 8:3	King James – Christ said – if I send them away “fasting” . . . (New King James – if I send them away “hungry” . . .)
Acts 27:9	the Fast was already over
2 Cor. 6:5	“in fasting” – Greek (“nesteia”) – can be “involuntary hunger”
2 Cor. 11:27	“in hunger” – “in fasting” hunger (“limos”) – considered “famine” & “starvation” fastings (“nesteia”) – can this still mean “involuntary hunger” here?

1. After a Sin – Repentance

Luke 18:9-14	Pharisee & tax collector
12	fasting twice a week = could be classified as connecting with Father
14	seeking to be justified = could be classified as an act of repentance

2. During a Trial – Seeking help during a trial

Matt. 17:21 this kind (of demon) does not go out, except by prayer and fasting
Mark 9:29 this kind (of demon) can come out by nothing, but prayer and fasting

3. Before – Connecting with our Father

Matt. 4:2 And when He had fasted 40 days and 40 nights – he was hungry
Luke 4:2 in those 40 days, He ate nothing – when they had ended, He was hungry

Matt. 9:14-15 “the days will come when the bridegroom will be taken away from them,
and then they will fast”

Mark 2:18-20 “the days will come when the bridegroom will be taken away from them,
and then they will fast in those days”

Luke 5:33-35 “the days will come when the bridegroom will be taken away from them;
then they will fast in those days”

Acts 10:30 Cornelius described a vision he had while he was fasting
Acts 13:2-3 the brethren fasted and prayed before laying hands on Barnabas and Saul
Acts 14:23 the brethren prayed with fasting, when they appointed elders
1 Cor. 7:5 one valid reason for married couples to withhold married love from each
other – is when the couple chooses (by consent) to concentrate on
fasting and prayer

Matt. 6:16-18 fasting is not an action to be used to impress other people – it is an action
that is dedicated toward our Heavenly Father