

Lesson 11 — FASTING AND PRAYER Part 1 — Selected Scriptures

1. The following passages are most of the Biblical references to fasting. From them, please answer the following questions. (You also might need to read a little before and after each passage to answer these questions. (a) Who is fasting? (b) For what are they fasting? (c) Where are they fasting? (d) How long did they fast? (e) What attitudes accompanied their fasting? (f) What were the results of their fasting? Exodus 34:28, Judges 20:26, 1 Samuel 1:9-18, 1 Samuel 7:6, 31:11-13, 2 Samuel 1:12, 12:16-23, 1 Kings 21:9-27, 2 Chronicles 20:3, Ezra 8:21-23, Nehemiah 1:4, 9:1, Esther 4:3-16, 9:31, Psalms 35:13, 69:10, 109:24, Daniel 6:18, 9:3, Joel 1:14, 2:12-16, Jonah 3:5, Matthew 4:1-2, Matthew 6:16-18, Matthew 17:21, Luke 2:36-38, Acts 10, Acts 13:1-3, 14:23, 27:33, 1 Corinthians 7:5. You may want to chart this, as it will be helpful in your study.

2. Look over the passages you've studied and answer the following questions. (a) Put yourself in the position of each of these individuals and ask yourself: Would you have fasted and prayed in these situations? Why or why not? (b) What have you learned from their examples?

3. Look at Exodus 34:28 and Matthew 4:2. (a) What is similar about these verses? (b) Do you think there is any significance to this? (c) What is significant about these two passages as you compare them with Matthew 4:4?

4. (a) Why was fasting good for David according to Psalm 35:13? (b) Why do you think this would be true?

5. (a) How does David's attitude compare with the attitude of the hypocrites in Matthew 6:16? (b) What do you think Jesus meant when He said, "They have their reward?"

6. (a) Have you ever fasted and prayed? Why or why not? (b) Do you think we as believers should fast and pray? Why or why not? (c) Share a time when God intervened due to fasting and praying in your life.

7. Is there an area in your life where God seems silent? Why not fast and pray? Put your prayer in the form of a request.

Recommended reading: *A Hunger For God, Desiring God Through Fasting and Prayer* by John Piper.