

got
Questions.org

got
Questions

What's New

Search Our Site

FAQ Archives

Question of the Week

Top 20 Questions

Top 20 Articles

International



How to fast—what does the Bible



Subscribe to our [Question of the Week](#):

ABOUT US

STATEMENT OF FAITH

THE GOSPEL

ASK A QUESTION

Question: "How to fast—what does the Bible say?"

Answer: The New Testament nowhere commands followers of Jesus Christ to fa Testament, the Jews were only commanded to fast on one day out of the year, th 23:27, 29, 32). Any religious leader who commands a fast or restricts certain food warrant. However, Jesus sometimes fasted (Matthew 4:2), and He assumed that occasion (Matthew 6:16–18; Mark 2:20). So, if fasting is something that Christians fast? What does the Bible say about how to fast?

The Bible mentions different types of fasting. There is limiting yourself to a certain There is fasting from food entirely (Daniel 10:2–3). There is fasting from food and There is also “fasting” from a certain activity, such as a husband and wife abstain

predetermined period ([Exodus 19:15](#); [1 Corinthians 7:5](#)). With the different types depends greatly on what type of fasting you are doing.

Always ask God for wisdom ([James 1:5](#)) in regards to how and for how long He will frame seems to be the biblical approach ([Esther 4:16](#)). Also, fasting should have Bible fasted and prayed because they wanted something specific to happen. The them, to change their circumstances, or to reveal something to them. Ultimately, fasting is more than food. Fasting is taking your focus off of the things of this world in order to focus on God. Fasting can thus be a means of growing closer to God.

A note of caution concerning fasting: those with medical conditions, especially those with restrictions (diabetes, for example), should consult a doctor before fasting. Remember that God's *command* that followers of Jesus Christ must fast. Therefore, it is not wrong to take into account when determining how to fast.

Also, it is good to examine your motives for fasting. Fasting is not about manipulating God to do something that is outside of His will. Fasting is about changing yourself to fit His plan and to be prepared to carry out your role in His plan. When you are deciding what is most important to remember what fasting is all about—changing yourself, not changing God.

Recommended Resource: [A Hunger for God: Desiring God Through Fasting and Prayer](#)

Related Topics:

[What is a Daniel fast?](#)

[What is true worship?](#)

[What is the connection between prayer and fasting?](#)

[What are the different types of fasting?](#)

[Why did Jesus fast?](#)

Return to:

[Questions about the Christian Life](#)

Return to:

