

Hungering for God

A Biblical Examination of Fasting

Part B- What are the Different Kinds of Fasting that the Bible Describes?

As we have discovered in the previous Part- Fasting is the periodic abstaining from food or other items for a period of time in order to spend concentrated time in prayer and in seeking the Lord. In this Part- we will discuss the various fasts that are listed in the Bible and the ways in which we may fast today.

Fasts in the Bible

There are two main divisions of fasts revealed in Scripture:

- ✓ **Absolute Fast**- Fasting without any food or drink
- ✓ **Partial Fast**- Fasting without any food

Absolute Fast

When God took Moses up into Mount Sinai in **Exodus 34**- Moses fasted 40 days and 40 nights. And there is no record anywhere of Moses drinking anything during this fast.

As soon as Moses completed his time with God- he immediately led the children of Israel through the wilderness- with no time off to recover. But what was also very telling is what happened to Moses during that time.

Exodus 34:29-35

29 It came about when Moses was coming down from Mount Sinai (and the two tablets of the testimony *were* in Moses' hand as he was coming down from the mountain), that Moses did not know that the skin of his face shone because of his speaking with Him.

30 So when Aaron and all the sons of Israel saw Moses, behold, the skin of his face shone, and they were afraid to come near him.

31 Then Moses called to them, and Aaron and all the rulers in the congregation returned to him; and Moses spoke to them.

32 Afterward all the sons of Israel came near, and he commanded them *to do* everything that the Lord had spoken to him on Mount Sinai.

33 When Moses had finished speaking with them, he put a veil over his face.

34 But whenever Moses went in before the Lord to speak with Him, he would take off the

veil until he came out; and whenever he came out and spoke to the sons of Israel what he had been commanded,

35 the sons of Israel would see the face of Moses, that the skin of Moses' face shone. So Moses would replace the veil over his face until he went in to speak with Him.

Partial Fast

Matthew 4:1-2

1 Then Jesus was led up by the Spirit into the wilderness to be tempted by the devil.

2 And after He had fasted forty days and forty nights, He then became hungry.

There is no mention here of Jesus being thirsty- yet Matthew (Levi) made it a point to tell us that Jesus was hungry. So we assume that He drank something during His fast- probably water.

The Daniel Fast

Also in the category of a partial fast is the Daniel Fast- which is found in **Daniel 10**. This is a partial fast that Daniel conducted for 21 days where he ate and drank- but limited his eating to only vegetables, fruits, beans, whole grains & legumes, natural juices, herbal teas & water.

Daniel 10:2&3

2 In those days, I, Daniel, had been mourning for three entire weeks.

3 I did not eat any tasty food, nor did meat or wine enter my mouth, nor did I use any ointment at all until the entire three weeks were completed.

Cultural Fast

This is a "fast" with things other than food and drink- such as technology, politics, intimacy, etc. It is a temporary "pulling away" from things that dominate our minds and hearts so that we may recharge and re-establish priorities.

1Corinthians 7:3-5

3 The husband must fulfill his duty to his wife, and likewise also the wife to her husband.

4 The wife does not have authority over her own body, but the husband *does*; and likewise also the husband does not have authority over his own body, but the wife *does*.

5 Stop depriving one another, except by agreement for a time, so that you may devote yourselves to prayer, and come together again so that Satan will not tempt you because of your lack of self-control.

1Corinthians 9:23-27

23 I do all things for the sake of the gospel, so that I may become a fellow partaker of it.

24 Do you not know that those who run in a race all run, but *only* one receives the prize?

Run in such a way that you may win.

25 Everyone who competes in the games exercises self-control in all things. They then *do it* to receive a perishable wreath, but we an imperishable.

26 Therefore I run in such a way, as not without aim; I box in such a way, as not beating the air;

27 but I discipline my body and make it my slave, so that, after I have preached to others, I myself will not be disqualified.

Corporate and Individual Fasts

Fasting can be carried out by individuals and by groups- even entire cities. And those fasts can be either partial or full. Usually with corporate fasts- the fast is "called" by the leader.

2Chronicles 20:1-25

1 Now it came about after this that the sons of Moab and the sons of Ammon, together with some of the Meunites, came to make war against Jehoshaphat.

2 Then some came and reported to Jehoshaphat, saying, "A great multitude is coming against you from beyond the sea, out of Aram and behold, they are in Hazazon-tamar (that is Engedi)."

3 Jehoshaphat was afraid and turned his attention to seek the Lord, and proclaimed a fast throughout all Judah.

4 So Judah gathered together to seek help from the Lord; they even came from all the cities of Judah to seek the Lord.

5 Then Jehoshaphat stood in the assembly of Judah and Jerusalem, in the house of the Lord before the new court,

6 and he said, "O Lord, the God of our fathers, are You not God in the heavens? And are You not ruler over all the kingdoms of the nations? Power and might are in Your hand so that no one can stand against You.

7 "Did You not, O our God, drive out the inhabitants of this land before Your people Israel and give it to the descendants of Abraham Your friend forever?

8 "They have lived in it, and have built You a sanctuary there for Your name, saying,

9 'Should evil come upon us, the sword, *or* judgment, or pestilence, or famine, we will stand before this house and before You (for Your name is in this house) and cry to You in our distress, and You will hear and deliver *us*.'

10 "Now behold, the sons of Ammon and Moab and Mount Seir, whom You did not let Israel invade when they came out of the land of Egypt (they turned aside from them and did not destroy them),

11 see *how* they are rewarding us by coming to drive us out from Your possession which You have given us as an inheritance.

12 "O our God, will You not judge them? For we are powerless before this great multitude who are coming against us; nor do we know what to do, but our eyes are on You."

13 All Judah was standing before the Lord, with their infants, their wives and their children.

14 Then in the midst of the assembly the Spirit of the Lord came upon Jahaziel the son of Zechariah, the son of Benaiah, the son of Jeiel, the son of Mattaniah, the Levite of the sons of Asaph;

15 and he said, "Listen, all Judah and the inhabitants of Jerusalem and King Jehoshaphat: thus says the Lord to you, 'Do not fear or be dismayed because of this great multitude, for the battle is not yours but God's.

16 'Tomorrow go down against them. Behold, they will come up by the ascent of Ziz, and you will find them at the end of the valley in front of the wilderness of Jeruel.

17 'You *need* not fight in this *battle*; station yourselves, stand and see the salvation of the Lord on your behalf, O Judah and Jerusalem.' Do not fear or be dismayed; tomorrow go out to face them, for the Lord is with you."

18 Jehoshaphat bowed his head with *his* face to the ground, and all Judah and the inhabitants of Jerusalem fell down before the Lord, worshiping the Lord.

19 The Levites, from the sons of the Kohathites and of the sons of the Korahites, stood up to praise the Lord God of Israel, with a very loud voice.

20 They rose early in the morning and went out to the wilderness of Tekoa; and when they went out, Jehoshaphat stood and said, "Listen to me, O Judah and inhabitants of Jerusalem, put your trust in the Lord your God and you will be established. Put your trust in His prophets and succeed."

21 When he had consulted with the people, he appointed those who sang to the Lord and those who praised *Him* in holy attire, as they went out before the army and said, "Give thanks to the Lord, for His lovingkindness is everlasting."

22 When they began singing and praising, the Lord set ambushes against the sons of Ammon, Moab and Mount Seir, who had come against Judah; so they were routed.

23 For the sons of Ammon and Moab rose up against the inhabitants of Mount Seir destroying *them* completely; and when they had finished with the inhabitants of Seir, they helped to destroy one another.

24 When Judah came to the lookout of the wilderness, they looked toward the multitude, and behold, they *were* corpses lying on the ground, and no one had escaped.

25 When Jehoshaphat and his people came to take their spoil, they found much among them, *including* goods, garments and valuable things which they took for themselves, more than they could carry. And they were three days taking the spoil because there was so much.

Jonah 3:3-10

3 So Jonah arose and went to Nineveh according to the word of the Lord. Now Nineveh was an exceedingly great city, a three days' walk.

4 Then Jonah began to go through the city one day's walk; and he cried out and said, "Yet forty days and Nineveh will be overthrown."

5 Then the people of Nineveh believed in God; and they called a fast and put on sackcloth from the greatest to the least of them.

6 When the word reached the king of Nineveh, he arose from his throne, laid aside his robe from him, covered *himself* with sackcloth and sat on the ashes.

7 He issued a proclamation and it said, "In Nineveh by the decree of the king and his nobles: Do not let man, beast, herd, or flock taste a thing. Do not let them eat or drink water.

8 "But both man and beast must be covered with sackcloth; and let men call on God earnestly that each may turn from his wicked way and from the violence which is in his hands.

9 "Who knows, God may turn and relent and withdraw His burning anger so that we will not perish."

10 When God saw their deeds, that they turned from their wicked way, then God relented concerning the calamity which He had declared He would bring upon them. And He did not do *it*.

How to Fast

There are several things to keep in mind when you fast:

- ✓ Check Your Heart
- ✓ Do Not Fast to be Noticed by Others
- ✓ Stay Humble

Check Your Heart

It isn't enough to simply do the right thing. God is not honored by joyless service. We honor God by *enjoying* our service to Him. Therefore, it isn't enough to simply fast- we must always fast for the right reasons.

Psalms 37:4

Delight yourself in the Lord; And He will give you the desires of your heart.

Do Not Fast to be Noticed by Others

Matthew 6:16-18

16 "Whenever you fast, do not put on a gloomy face as the hypocrites *do*, for they neglect their appearance so that they will be noticed by men when they are fasting. Truly I say to you, they have their reward in full.

17 "But you, when you fast, anoint your head and wash your face

18 so that your fasting will not be noticed by men, but by your Father who is in secret; and your Father who sees *what is done* in secret will reward you.

Stay Humble

1Corinthians 10:31

Whether, then, you eat or drink or whatever you do, do all to the glory of God.

Other Issues

Before anyone should fast- they should check with their medical professional first to see if they are healthy enough to engage in this discipline. And then I would recommend that they start slowly and work their way up to longer fasts. Here are some things to consider when praying about fasting.

1. Set Your Objective

Why are you fasting? Is it for spiritual renewal, for guidance, for healing, for the resolution of problems, for special grace to handle a difficult situation? Ask the Holy Spirit to clarify His leading and objectives for your time of prayer and fasting. This will enable you to pray more specifically and strategically.

2. Make Your Commitment

Pray about the kind of fast you should undertake. How long will you fast— one meal, one day, five days, one week? The type of fast God wants you to undertake (water only, water and juices, “Daniel fast”—just vegetables, or fasting from some other fleshly desire such as, television, sports, chocolate, etc.). What physical or social activities will you restrict? How much time each day will you devote to prayer and God’s Word? Making these commitments ahead of time will help you sustain your fast when physical temptations and life’s pressures tempt you to abandon it.

3. Prepare Yourself Spiritually

The very foundation of fasting and prayer is repentance. Unconfessed sin will hinder your prayers. (**Psalm 66:18**). Confess any sin that the Holy Spirit calls to your remembrance and accept God’s forgiveness (**1John 1:9**). Seek forgiveness from all whom you have offended, and forgive all who have hurt you (**Matthew. 11:25; Luke 11:4; 17:3-4**). Begin your time of fasting and prayer with an expectant heart (**Hebrews 11:6**).

4. Prepare Yourself Physically

Fasting requires reasonable precautions. Consult your physician first, especially if you take prescription medication or have a chronic ailment. Some persons should never fast without professional supervision. Prepare your body. Eat smaller meals before starting a fast. Do not gorge your body before or after a fast. Expect physical weakness, cold sweats, nausea, etc.

5. Put Yourself on a Schedule

For maximum spiritual benefit, set aside ample time to be alone with the Lord. Listen for His leading. The more time you spend with Him, the more meaningful your fast will be. If possible- take time off from work. If that is not possible, make scheduled times in the morning and evening that you will spend

time with the Lord without any distractions. Try to make several “quiet times” during your daily schedule to seek God’s Face.

6. End Your Fast Gradually

Begin eating gradually- especially after a longer fast. Do not eat solid foods immediately after your fast. Sudden reintroducing solid food to your stomach and digestive tract will likely have a negative effect. Try several smaller meals or snacks each day. Be especially cautious of reintroducing red meats & dairy to your diet. This could cause a shock to your system.¹

Some examples of long, protracted fasts in Church History

Anastasia of Sirmium (AD 304)

Time Survived: 60 Days

Anastasia was born a citizen of Rome during the late Empire under the reign of the Emperor Diocletian. Christians during this time were suffering extreme persecution, if a person was discovered to be an adherent of Christ they were a stripped of social standing, imprisoned and tortured until they had renounced all belief in trinity and reaffirmed their allegiance to the Roman gods of old.

Emperor Diocletian, upon receiving advice from the oracle of Apollo, a biased source some would argue, embarked on the systematic persecution of all Christians in AD 303. Anastasia, who had been known for providing food and medical care to Christian prisoners, was sentenced to death by starvation. Surviving 60 days without food (without any ill effects) the magistrate sentenced her to be drowned in an open boat which was cast out to sea. When the boat drifted back to land, Anastasia was recaptured by the authorities and burnt at the stake.

Brother Yun (1995)

Time Survived: 75 Days

A Chinese born preacher an evangelist Brother Yun has both suffered incredibly hardships and experienced the most amazing of miracles.

Refusing to join the official Christian Church of China he was imprisoned and tortured in the notorious Zhengzhou Maximum Security prison. During this time others state that Brother Yun engaged in a total fast (no food or water) for 75 days. He was also the only person to escape from the Zhengzhou prison.

¹ Because of ongoing fasting- many of them protracted- Rhonda and I have developed a food that is both nourishing and light on the stomach. We call it, “cornmeal gruel”. We will be happy to share it with you.

Comprehensive list of fasting in Scripture

What follows is a comprehensive list of references to fasting in Scripture, with a brief summary of the contents of each passage (synoptic passages have been treated together)². Notation is made of the extent of the fast (whether the fast is strictly individual or of a corporate nature), for the purpose of highlighting the corporate nature of biblical fasting in contrast to the frequent misconception that fasting was intended to be a strictly private, individualistic matter. Some text critical notes related to questionable NT passages are made here.

Reference	Extent	Summary
Exodus 24:18, 34:28;Deuteronomy 9:9, 18, 10:10	individual	Moses twice spends forty days on Mount Sinai without eating or drinking, and in mourning over Israel's sin.
Judges 20:26	corporate	Israel fasts until evening to inquire of YHWH after loss to Benjamin.
1Samuel 1:7&8	individual	Hannah weeps and refuses to eat when her husband's other wife provokes her, and she prays for a son.
1Samuel 7:6	corporate	Israel fasts for a day to repent, Samuel prays, YHWH delivers them from the Philistines.
1Samuel 14:24-46	corporate	Saul places the army under oath not to eat until evening on the day of battle with the Philistines.
1Samuel 20:34	individual	Jonathan refuses to eat because of his grief over his father's mistreatment of

² Kent Berghuis, "Teaching Biblical Fasting" (paper presented at the ETS annual meeting, Orland, Fla., 1998), 11-15; "A Biblical Perspective on Fasting," BSac 158, no. 629 (2001): 97-103.

		David.
1Samuel 28:20	individual	Saul eats nothing all day and night when he consults with the witch of En-dor.
1Samuel 31:13; 1Chronicles 10:12	corporate	Men of Jabesh fast seven days after recovering the bodies of Saul and Jonathan from the Philistines.
2Samuel 1:12	corporate	David's men fast until evening upon hearing the news of the death of Saul and Jonathan.
2Samuel 3:35	individual(?)	David refuses to eat food until evening when he heard of the death of Abner.
2Samuel 12:16-23	individual	David fasts and weeps seven days during the terminal illness of his son by Bathsheba.
1Kings 13:1-22	individual	An unnamed prophet is instructed by God not to eat or drink while on a mission to prophesy against Jeroboam's idolatry.
1Kings 19:8	individual	Elijah goes forty days on the strength of the food provided to him by an angel.
1Kings 21:4	individual	Ahab eats no food because he is sullen after Naboth refused to sell his vineyard.
1Kings 21:9-12	corporate	Jezebel calls a false day of fasting to accuse Naboth of

cursing God.

1Kings 21:27-29	individual	Ahab fasts and puts on sackcloth in repentance after Elijah rebuked him, and God recognized Ahab's humility.
2Chronicles 20:3	corporate	Jehoshaphat proclaims a fast throughout Judah to seek YHWH for fear of the armies of Ammon and Moab.
Ezra 8:21-23	corporate	Ezra calls a fast to seek God's protection for those leaving Babylon for Israel.
Ezra 10:6	individual	Ezra eats and drinks nothing because of his mourning over the unfaithfulness of the exiles.
Nehemiah 1:4	individual	Nehemiah mourns and fasts for days over the news of the state of Jerusalem, confessing national sin.
Nehemiah 9:1	corporate	The people of Israel assemble with fasting to confess their sin after Ezra reads from the law.
Esther 4:3	corporate	The Jews weep and fast when they hear of the king's decree for their destruction.
Esther 4:16	corporate	Esther, her maidens, and the Jews of Susa fast from food and drink for three days before she goes to the king.
Esther 9:31	corporate	Purim is established for the Jews with instructions for fasting and lamentations.

Job 3:24	individual	Job groans at the sight of food, and experiences great affliction and pain.
Job 33:19-20	individual	Elihu suggests that man (specifically, Job) is afflicted by God and unable to eat because God is chastening him.
Psalms 35:13	individual	David defends his honor by saying that he fasted and prayed when his enemies were sick.
Psalms 42:3	individual	The psalmist (Sons of Korah) says that tears are his food day and night.
Psalms 69:10	individual	David's fasting, weeping and prayer was an object of scorn by his enemies.
Psalms 102:4	individual	The afflicted psalmist forgets to eat bread because of his great grief.
Psalms 107:17-18	individual	People in distress are pictured as near death, unable to eat, but YHWH saves them.
Psalms 109:24	individual	David says his knees are weak from fasting, and his flesh has grown lean during his affliction from his enemies.
Isaiah 58:3-6	corporate	Israel's fasts are not heard by God because of their oppression and hypocrisy; He desires righteousness first.
Jeremiah 14:12	corporate	Israel's fasts are not heard by God because of their oppression

and hypocrisy.

Jeremiah 36:6-9	corporate	The people of Judah assemble in Jerusalem for a fast, and Baruch reads Jeremiah's prophecy to them.
Ezekiel 24:18	individual	Ezekiel is instructed in special mourning rites, that include fasting, for the death of his wife.
Daniel 6:18	individual	Darius fasts from food, entertainment, and sleep through the night while worrying for Daniel in the lion's den.
Daniel 9:3	individual	Daniel fasts, confessing Israel's sin, upon reading Jeremiah's prophecy of the seventy weeks.
Daniel 10:2-3	individual	Daniel mourns for three weeks, abstaining from tasty food, meat, wine, and ointment.
Joel 1:14	corporate	Joel calls for a nation-wide fast because of famine that is destroying the land.
Joel 2:12-15	corporate	YHWH calls the people to return to Him with fasting, rending their hearts, not garments; Joel again calls for a fast.
Jonah 3:5	corporate	All of Nineveh fasts, repenting at the preaching of Jonah of the destruction of the city.
Zechariah 7:5	corporate	YHWH rebukes the priests for their ritual fasts that were done more for themselves than for Him.

Zechariah 8:19	corporate	YHWH will transform the ritual fasts into feasts of joy when God's people have repented of sin and He grants them favor.
Matthew 4:2; Luke 4:2	individual	Jesus fasts forty days in the wilderness, being tempted by the devil.
Matthew 6:16-18	individual	Jesus teaches that fasting should be done privately for God, not for the purpose of being seen to be fasting, like the hypocrites.
Matthew 9:14-15; Mark 2:18-20; Luke 5:33-35	corporate	Jesus tells John's disciples that his do not fast because the bridegroom is present, but when He is taken away they will.
Matthew 15:32; Mark 8:3	corporate	Jesus did not wish to send the crowd away fasting, ³ since they had been with Him three days and have nothing (more?) to eat.
Matthew 17:21; Mark 9:29	individual?	Jesus says that this kind of demon goes out only by means of prayer and fasting. ⁴
Luke 2:37	individual	Anna serves in the temple night and day with fastings and prayers.
Luke 18:12	individual	The Pharisee in Jesus' parable shows his self-righteousness by boasting that he fasts twice a week and tithes.

³ As in the KJV; the NASB translates *nhvstei*" (acc. pl. masc. from the adjective *nh'sti*") in Matthew 15:32 as "hungry," perhaps implying that it was not an intentional fast but merely the lack of food; yet the NASB inconsistently translates the same word as "fasting" in Mark 8:3.

⁴ The fact that *tou'to deV toV gevno*" is neuter would suggest that Jesus was referring back to the unclean spirit (*toV daimovnion*) which had just come out of the boy.

The Acts 9:9	individual	Saul fasted from food and water three days after the Damascus Road experience.
The Acts 10:30	individual	Cornelius was fasting and praying when an angel instructed him to go to Peter.
The Acts 13:2-3	corporate	Prophets and teachers in Antioch were ministering to the Lord and fasting before and after the Holy Spirit set apart Saul and Barnabas.
The Acts 14:23	corporate	Paul and Barnabas appoint elders in the churches, having prayed with fasting.
The Acts 23:12	corporate	Certain Jews bind themselves by oath not to eat or drink until they kill Paul.
The Acts 27:9	corporate	Paul's voyage to Rome takes place after "the fast" was over, a reference to the Day of Atonement.
The Acts 27:33	corporate	Paul encourages the ship's crew to eat, since they had gone 14 days fasting. ⁵
1Corinthians 7:5 ⁶	couples	Paul tells couples not to deprive one another sexually, except for brief periods devoted to prayer and fasting.
2Corinthians 6:5;	individual	Paul lists "fastings" ⁷ among the

⁵ This was probably not an intentional fast. But because of the storm, the likelihood of seasickness and the extreme conditions on the vessel, the crew could not find a good time to eat.

⁶ The reference to "fasting" in this verse is omitted by almost all of the Alexandrian and Western witnesses, with the Byzantine including it. The UBS4 assigns the omission a certainty of {A}, apparently seeing this textual addition as informing Mark 9:29 and Matt 17:21, as suggested by footnote 25 on Mark 9:29.

2Corinthians 11:27

hardships he suffered as a mark of his apostleship.⁸

Summary of Biblical Purposes for Fasting

I. As a Sign of Sorrow

- A. For tragic events ([Judges 20:26](#); [1Samuel 31:13/1Chronicles 10:12](#); [2Samuel 1:12, 3:35](#); [Esther 4:3](#); [Jeremiah 14:1-12](#); [Joel 1:14, 2:12-15](#)).
- B. For personal sorrow ([1Samuel 1:7-8, 20:34](#); [Job 3:24](#); [Psalms 42:3, 102:4, 107:17-18](#)).

II. As a Sign of Repentance and Seeking Forgiveness

- A. National or corporate sins ([Exodus 34:28/Deuteronomy 9:9, 18, 10:10](#); [1Samuel 7:6](#); [Ezra 9:1-10:17](#); [Nehemiah 1:4-7, 9:1](#); [Daniel 9:3-14](#); [Jonah 3:5-9](#); [Zechariah 8:16-19](#)).
- B. Personal sins ([2Samuel 12:16-23](#); [1Kings 21:27-29](#); [Psalm 69:10](#); [The Acts 9:9?](#)).
- C. As an opportunity for public exposure of sin ([1Kings 21:9-12](#); [Isaiah 58:1-5](#); [Jeremiah 36:6-9](#)).

III. As an Aid in Prayer to God

- A. For others ([2Samuel 12:16-23](#); [Nehemiah 1:8-10](#); [Psalm 35:13](#); [Daniel 6:18, 9:15-19](#)).
- B. For self ([1Samuel 1:7-11](#); [Nehemiah 1:11](#); [Psalm 109:21-24](#); [Daniel 9:3, 10:1-3](#)).
- C. For success in battle ([Judges 20:26](#); [1Samuel 7:6](#); [2Chronicles 20:3](#)) and in other endeavors ([Ezra 8:21-23](#); [Esther 4:16](#)).
- D. For relief from famine ([Jeremiah 14:1-12](#); [Joel 1:14, 2:12-15](#)).
- E. As a means of personal or group devotion ([Matthew 6:16-18](#); [Luke 2:37](#); [The Acts 10:30, 13:2-3](#); [1Corinthians 7:5](#)).

IV. As a Part of Experiencing God's Presence

- A. Supernatural sustaining by God ([Exodus 34:28/Deuteronomy 9:9, 18, 10:10](#); [1Kings 19:8](#)).
- B. Reliance on God in times of temptation ([Matthew 4:2/Luke 4:2](#); [Matthew 17:21/Mark 9:29](#)).
- C. Reflecting the reality of the absence of Christ's immediate Presence with His followers ([Matthew 9:14-15/Mark 2:18-20/Luke 5:33-35](#)).
- D. Going without food to remain longer under Jesus' Teaching ([Matthew 15:32/Mark 8:3](#)).

V. As an Act of Ceremonial Public Worship ([Nehemiah 9:1](#); [Esther 9:31](#); [Isaiah 58:3](#); [Jeremiah 36:6-9](#); [Zechariah 7:3-5, 8:19](#); [The Acts 27:9](#)).

VI. As Related to Ministry

⁷ The NASB translates *nhsteivai* "hunger" and "without food," respectively.

⁸ This verse is well-attested in the Byzantine witnesses, but omitted from Vaticanus, the original hand of Sinaiticus, and a number of other manuscripts. For this reason, and because it was likely assimilated to the parallel in Mark, the omission was assigned an {A} rating in The Greek New Testament, United Bible Societies, 4th ed. (UBS4).

- A. Preparation for significant ministry ([Matthew 4:2/Luke 4:2](#); [The Acts 9:9, 13:2-3, 14:23](#)).
- B. Specific command of God while prophesying ([1Kings 13:1-22](#)).
- C. Suffering for the sake of the gospel ([2Corinthians 6:5/11:27](#)).

VII. Negative Associations or Corrections of Fasting

- A. Fasting while engaging in hypocritical actions or attitudes ([1Samuel 28:20](#); [1Kings 21:9-12](#); [Isaiah 58](#); [Jeremiah 14:10-12](#); [Jeremiah 36:6-26](#); [Zechariah 7:3-14](#); [Matthew 6:16-18](#); [Luke 18:12](#)).
- B. Fasting as a solemn binding for a foolish or sinful oath ([1Samuel 14](#); [The Acts 23:12-21](#)).
- C. Breaking a fast when God has commanded it ([1Kings 13:8-24](#)).
- D. A sulking refusal to eat ([1Kings 21:4](#)).
- E. Wrongly attributing the inability to eat as God's chastening ([Job 33:19-20](#)).

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