

## **HOLY WEEK FASTING**

### **Fasting in the Bible:**

**Throughout Scripture fasting refers to abstaining from food for spiritual purposes, it involves abstaining from solid foods, or liquids, and sometimes from water.**

### **Partial Fast**

**A partial fast is considered when there is a restriction of diet but not total abstention.**

**Daniel ate no delicacies, not meat or wine. (Dan 10:3)**

### **Absolute Fast**

**Esther commanded Mordecai to hold a fast on her behalf; they neither ate nor drank for three days. (Esther 4:16)**

**Paul, Moses, Elijah and Jesus, all participated in absolute fasts.**

### **Corporate Fast**

**In most cases 'Fasting' is a private matter between the individual and God; there are, however, occasional times of corporate or public fasts.**

**The group fast can be a wonderful and powerful experience provided that people are prepared and in one mind. Serious problems in churches and groups can be dealt with, relationships can be healed with group prayer and fasting.**

### **Is Fasting a Command?**

**Read Jesus' preaching and teaching on Fasting. (Matthew 6:16) Jesus makes the assumption that we will fast and is giving us instructions on how to do it properly.**

**Read Matthew 9:15 when Jesus answered his disciples about fasting.**

### **The Purpose of Fasting.**

**Fasting must be God-motivated, God-initiated, God-centered, and God-ordained. In Luke 2:37, we see the prophetess, Anna, fasting and praying in the temple**