*What Every Christian Should Know Series - #6*

# *Old Testament*

* 1. **Day of Atonement (**Leviticus 23:26-32**;** 16:29-34**)**
     1. “afflict your souls” / “humble your souls” (in the NASB) (Psalms 35:13; Isaiah 58:3)
     2. The purpose is for affecting or humbling the soul. (Psalms 69:10)
  2. **Times of War or Bondage (**Judges 20:24-26**;** 1 Samuel 7:1-6**)** 
     1. Humbling themselves. Asking forgiveness.
  3. **Times of Sickness or Death (**2 Samuel 12:16-23**;** 2 Sam. 1:1-12**)**
  4. **Times of Danger (**2 Chronicles 20:1-3**;** Esther 4**)**

Notes:

# *New Testament*

1. **Jesus Preparing For His Ministry (**Matthew 4:1-2**)**
2. **Saul of Tarsus in Sorrow (**Acts 9:9**)**
3. **Important Matters in the church (**Acts 13:1-3**;** 14:23**)**
4. **Paul Encourages Husband & Wife to Fast (**1 Corinthians 7:5**)**

* No Direct Command From Jesus or New Testament to fast. (Matthew 9:14-15; 6:16-18)

Notes:

# *Benefits of Fasting*

1. **Times of Stress**
2. **Time of Sickness / Death**
3. **Time of Danger (**Spiritual**/**Physical**)**
4. **Preparation for Service to God**
5. **Sorrow of Sin**
6. **Important Decisions in church or family**
7. **Spiritual Growth of A Marriage**
8. **Self Discipline / Dedication to God**

Notes:

Matthew 6:16:24