



5785/2025

The Centrality of Christ!

Time To Build

FAST & CONSECRATION

Observing the Fast

Instructor: Keith L. Moore



Our Objective

**To aid believers
in understanding proper,
biblically based fasting.**



5785/2025

21-Day Fast & Consecration Plan

January 11th – January 31st

5785/2025

21-Day Fast & Consecration
January 11th – January 31st



- At sunrise, on Saturday, January 11, 2025, @124 will embark on a 21-Day Fast & Consecration. During this 21-Days, **we will fast sweets, meats, bread, TV and social media;** watching only the news and Christian TV for 14 days, as necessary.

*For those who wish to do so, our parent body
Northview Christian Church
embarks on a 10-day fast of choice
January 6th-15th*

5785/2025

21-Day Fast & Consecration
January 11th – January 31st



Monday - Wednesday

- Daniel Fast
- Christian TV/ Social Media-Ministry Only.
- Fruits & Vegetables (No meats, sweets, or bread. Drinking only water & juice.)

Thursday – Absolute Fast

Friday – Sunday

- Daniel Fast
- Christian TV/ Social Media-Ministry Only.
- Fruits & Vegetables (No meats, sweets, or bread. Drinking only water & juice.)

My Choose a Fast of Your Choice
Replace your TV time with prayer,
Bible study and listening to praise & worship.

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21-Day Fast & Consecration
January 11th – January 31st



- **Note 1: The fast is not law but grace, modify as needed.**
- **Note 2: If you mess up, get up and stay in prayer.**
- **Note 3: Do not get sick. Use wisdom and discretion as God enables you to grow in this spiritual discipline.**
- ***Note 4: Consult your physician prior to beginning a fast. This is especially important if you take prescription medications or have a chronic ailment.***
- **Note 5: Computer, Smartphone, iPad etc., usage should be limited to business/ministry functions only.**



5785/2025

Observing the Fast



Session Agenda

A Biblical Perspective on the Spiritual Discipline of Fasting

Lesson 1: A Historical View

- 1. Observances of Fast**
- 2. Definition of Fasting**
- 3. Fast Facts on the Purpose and Plans for Fasts**



Session Agenda

Lesson 2: Instructions on Proper Fasting

- 1. Fasts and Motive : Don'ts**
- 2. God's Purpose for Fasts: Do's**



Session Agenda

Lesson 3: Fasting and Ministry

- 1. Private Ministry**
- 2. Public Ministry**



Session Agenda

Lesson 4: The Benefits of Fasting

- 1. Individual Benefits**
- 2. Corporate Benefits**



Lesson I - A Historical View of Fasting



Lesson I - A Historical View of Fasting

Observances of Fasts

Fasting has existed in religion since its very beginning. Many people of various religions and religious leaders have instituted fasting as a practice or spiritual discipline. Fasting for the Christian is clearly defined directly and by example throughout the Old and New Testaments. The bible provides more examples of individual and corporate fasting and it's spiritual benefits in the Old Testament than in the New Testament; nevertheless, ***it is a spiritual discipline that was practice by Jesus Christ himself (Matthew 4:1-2), and his disciples.***

*Then Jesus was led by the Spirit into the wilderness to be tempted there by the devil.
For forty days and forty nights he fasted and became very hungry.
Matthew 4:1-2 NLT*

A Historical View of Fasting



Jesus went even further, providing instructions on proper fasting for the church. We will explore these instructions later in these lessons (Matthew 6:16-18). For the purpose of these lessons we will study two major passages, Isaiah 58 and Matthew 6:16-18 along with several scriptures throughout the bible. It is our aim to encourage Christians to adopt fasting as a spiritual discipline and to spur them on to further biblical study of this most important aspect of the life of the believer.

In our first lesson we will search the scriptures for *definition, purpose and historical instances* where fasting was practiced as a spiritual discipline.

Definition of Fasting



What is fasting? In its biblical form, fasting is...

- ..to abstain as a religious exercise from food and drink: either entirely, if the fast lasted but a single day, or from customary and choice nourishment, if it continued several days
- ..to abstain from food voluntarily, for ***the mortification of the body or appetites***, or as a ***token of grief, sorrow and affliction***. (Thou didst fast and weep for the child. 2Sam. 12.)
- ...abstinence from food; properly a total abstinence, but it is used also for an ***abstinence from particular kinds of food***, for a certain time. Happy were our forefathers, *who broke their fasts with herbs*.

Definition of Fasting



What is fasting? In its biblical form, fasting is...

- ...voluntary abstinence from food, as a ***religious mortification or humiliation***; either total or partial abstinence from customary food, with a view ***to mortify the appetites, or to express grief and affliction on account of some calamity, or to deprecate an expected evil.***

- Most simply put, fasting is the **denial of earthly pleasure(s) for spiritual good!** It is the spiritual discipline of denying a bodily appetite for a greater, divine purpose. It is the sacrifice of the personal will that gives value to fasting. Fasting is most clearly defined in the Old Testament expression **afflicting the soul.**

Fast Facts on Fasts - OT



- One fast only was appointed by the Mosaic law, that on the Day of Atonement. There is no mention of any other periodical fast in the Old Testament except in ([Zechariah 7:1-7](#); [8:19](#))
- Public fasts were occasionally proclaimed to express national humiliation and to supplicate divine favor. In the case of public danger the proclamation appears to have been accompanied with the blowing of trumpets. ([Joel 2:1-15](#)) (See ([1 Samuel 7:6](#); [2 Chronicles 20:3](#); [Jeremiah 36:6-10](#)))
- Three days after the feast of tabernacles, when the second temple was completed, "the children of Israel assembled with fasting, and with sackclothes and earth upon them," to hear the law read and to confess their sins. ([Nehemiah 9:1](#))
- Private occasional fasts are recognized in one passage of the law -- ([Numbers 30:13](#)) The instances given of individuals fasting under the influence of grief, vexation or anxiety are numerous.

Fast Facts on Fasts - NT



- In the New Testament the only reference to the Jewish fasts are the mention of "the fast" in ([Acts 27:9](#)) (generally understood to denote the Day of Atonement) the allusions to the weekly fasts. ([Matthew 9:14](#); [Mark 2:18](#); [Luke 5:33](#); [18:12](#); [Acts 10:30](#)) These fasts originated some time after the captivity.

Purpose of Fasts



- As stated earlier, fasting has existed in religion since its very beginning.
Why would one afflict his soul with this sacrificial practice? From the *definitions* and *Fast Facts* we find many reasons why fasting occurred:
 1. To kill a particular appetite or fleshly desire.
 2. In times of grief, sorrow, mourning
 3. For periodic humbling of the people
 4. National days of prayer and repentance
 5. To seek God's divine favor
 6. To hear the Word of God
 7. To confess and repent of sin
 8. To depreciate or minimize an expected evil

Purpose of Fasts



Certainly fasting has many varied purposes. A more extensive reading of the references provided will identify various situations that were occurring in the life of God's people that warranted the fast. For repentance, sorrow, grief, divine blessing and favor believers have fasted. To address national issues, call the nation to repentance, deal with sin, and petition God's favor, groups have fasted. These are just *some* of the reasons for the fast. In Lesson II, we will look at what God Himself provides as reason why He chose for his people to fast.

Historical Instances of Fasting



Fasting was observed in many instances as recorded in scripture. It was done for many reasons, sometimes prior to critical situations and sometimes after a situation had already occurred. Most often the fasts were individual and personal but there were instances where fasts were declared for particular groups of individuals by spiritual leaders, as they were led by the Spirit of God. Appendix A lists several instances of fasts found in scripture.

Historical Instances of Fasting



As you can see, there are many situations where fasts took place and individuals/groups that practiced fasting as a spiritual discipline. Most of the above references document Old Testament events. So is fasting relevant or even beneficial to the New Testament church of today? As we continue this study, prayerfully, the proper way and the spiritual benefits of the fast should be revealed with the help of the Holy Spirit. It should also be noted that fasting was quite often accompanied with and empowered by prayer. We will look at this dynamic combination as a part of our study also.

Key Points!



Key points from Lesson I:

1. Fasting is practiced as a religious discipline.
2. Fasting afflicts the soul.
3. Fasting may be both personal and corporate.
4. A Fast may be declared for various reasons.
5. Prayer should accompany fasting.

In Lesson II:

We will examine Isaiah 58, the most extensive passage of scripture on fasting.



Lesson II - Instructions On Proper Fasting

- Most simply put, fasting is the **denial of earthly pleasure(s) for spiritual good!** It is the spiritual discipline of denying a bodily appetite for a greater, divine purpose. It is the sacrifice of the personal will that gives value to fasting. Fasting is most clearly defined in the Old Testament expression **afflicting the soul.**

Lesson II - Instructions On Proper Fasting



Observances of Fasts

From our previous study we learned that fasting is...

- ...the denial of earthly pleasure(s) for spiritual good!
- ...the spiritual discipline of denying a bodily appetite for a greater, divine purpose.
- ...given valued through the sacrifice of the personal will
- ...defined as afflicting the soul.

In this lesson, **we will examine *Isaiah 58***, the most extensive passage of scripture on fasting. In this passage, God himself deals with the hypocrisy in the heart of his people, Israel, and the difference between counterfeit and true fasting. We will also take a look at what Jesus had to say about fasting.

Fasts and Motive: DON'T'S!



Isaiah 58: 1-4 (NLT)

Isaiah 58:1 - "Shout with the voice of a trumpet blast. Shout aloud! Don't be timid. Tell my people Israel of their sins!

Isaiah 58:2 - Yet they act so pious! They come to the Temple every day and seem delighted to learn all about me. They act like a righteous nation that would never abandon the laws of its God. They ask me to take action on their behalf, pretending they want to be near me.

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Fasts and Motive: DON'T'S!



Isaiah 58: 1-4 (NLT)

Isaiah 58:3 - 'We have fasted before you!' they say. 'Why aren't you impressed? We have been very hard on ourselves, and you don't even notice it!' **"I will tell you why!" I respond. "It's because you are fasting to please yourselves. Even while you fast, you keep oppressing your workers**

Isaiah 58:4 - **What good is fasting when you keep on fighting and quarreling? This kind of fasting will never get you anywhere with me.**

Fasts and Motive: DON'T'S!



Matthew 6:16-18 (NLT)

Matthew 6:16 - "And when you fast, don't make it obvious, as the hypocrites do, for they try to look miserable and disheveled so people will admire them for their fasting. I tell you the truth, that is the only reward they will ever get.

Matthew 6:17 - But when you fast, comb your hair and wash your face.

Matthew 6:18 - Then no one will notice that you are fasting, except your Father, who knows what you do in private. And your Father, who sees everything, will reward you.



Fasts and Motive: DON'T'S!

- Fasting must be done out of a pure heart. To do otherwise is vanity. God rebuked his people for fasting for selfish reason. He condemned their hypocrisy by the Holy Spirit. The people fasted for selfish motives and their conduct while fasting was unacceptable to God. From this passage we draw the following things that **should not be done** in fasting:
 1. *Do not* give God false worship.
 2. *Do not* enter into a fast with a disobedient spirit.
 3. *Do not* fast for selfish gain.
 4. *Do not* seek your own will.
 5. *Do not* mistreat those who work for you.
 6. *Do not* be contentious or angry.

Fasts and Motive: DON'T'S!



Fasting must be done out of a pure heart...

- 7. *Do not* be prideful in fasting.
- 8. *Do not* be covetous in fasting.

Matthew 6:16-18 adds:

- 9. *Do not* put on sad face.
- 10. *Do not* make a public spectacle.
- 11. *Do not* neglect your appearance.
- 12. *Do not* look for the reward of men.

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Fasts and Motive: DON'T'S!



Each individual's or group's motive(s) for fasting must be examined. It must be clear that selfish gain or selfish motives are not acceptable to God if fasting is to be true and gain a spiritual reward. Christians should earnestly pray for God's assistance in examining ourselves. ***Understand that a fast is a day to afflict the soul and to humble one's self before God.*** If it does not express true sorrow for sin, and does not promote the putting away of sin, it is not a fast.

Fasts and Motive: DO'S!



Isaiah 58: 5-6 (NLT)

Isaiah 58:5 - You humble yourselves by going through the motions of penance, bowing your heads like reeds bending in the wind. You dress in burlap and cover yourselves with ashes. Is this what you call fasting? **Do you really think this will please the Lord ?**

Isaiah 58:6 - "**No, this is the kind of fasting I want:** Free those who are wrongly imprisoned; lighten the burden of those who work for you. Let the oppressed go free, and remove the chains that bind people."

Fasts and Motive: DO'S!



We have learned that fasting must be done out of a pure heart. Let us consider the proper principles of fasting found in our passages. God Himself spoke to the people on the issue of fasting and outlined several principles that are listed below as things believers should do when fasting:

- 1. *Do* humble yourself before God.**
- 2. *Do* submit your will to God.**
- 3. *Do* afflict your soul.**
- 4. *Do* repent of your sins.**
- 5. *Do* seek to be free of wickedness.**
- 6. *Do* seek to be free of oppression.**
- 7. *Do* seek to be free of all bondage.**

Fasts and Motive: DO'S!



...things believers should do when fasting:

Matthew 6:16-18 adds:

8.Do wash your face/comb your hair; be clean in appearance.

9.Do keep your fast private.

10.Do seek spiritual reward from God.



Fasts and Motive: DO'S!

True fasting is again, *the afflicting of the soul*. Physical suffering is a part of a true fast. Fasts must be sacrificial in nature and require those who practice the discipline to humble themselves before God. **While fasting, one must seek God's will in reference to a particular situation, be it personal or corporate in nature.** It is certainly most important that the issue of sin be dealt with. Wickedness, unrighteousness, spiritual bondage to sin, people, or things might be addressed in fasting. **On these battlefields we find *God's purpose(s) for fasting*:**

1. To loosen the bonds of wickedness.
2. To undo the bands of the yoke
3. To let the oppressed go free
4. To break every yoke

Fasts and Motive: DO'S!



Hallelujah! God wants his children to be free! He posed the question to Israel “Is this not the fast which I choose...”. He wants his children free of all bondage, oppression, depression, lack, depravity, sickness, disease and all the like, and He chose the spiritual discipline of fasting to aid in gaining liberty. Hallelujah!

Jesus, in Matthew 6, makes an interesting statement about fasting. He says “when you fast...” implying that fasting is understood to be practiced in the life of the believer. Jesus gives instruction on fasting along with instructions on giving to the poor (v. 2), when you pray (v.5), and whenever you fast indicating that these spiritual attributes were to be a part of the believer’s life. Notice that Jesus does not command His disciples or believer’s to fast but He provides instruction for *when* they would fast. While it is not commanded, religious fasting is a duty required of the Disciples of Christ fasting is the humbling of the soul; that is the internal nature of the spiritual discipline. **Again, humbling one’s self should be the principle concern in fasting. God sees in secret, and will reward openly.**



The "How To's" of Fasting:

In the previous lessons, we have looked at the *Do's* and *Don'ts* of fasting. We have taken an in-depth look at certain principles that should be followed in true fasting. Before we conclude Lesson II, we must take a look at how to fast.

How does one fast? We learned that fasting, by definition, was the denial or putting away of food or sustenance. Historically fasts were observed with *various degrees of strictness.*

- Sometimes there was entire abstinence from food as we see in [*Esther 4:16*](#).
- On other occasions there appears to have been only a restriction to a very plain diet. [*Daniel 10:3*](#).

The "How To's" of Fasting:



What should and should not be eaten in fasting is not **"set in stone"** by scripture. ***Esther*** ate nothing while ***Daniel*** only consumed vegetables excluding meat and sweet breads from his diet. **Fasts should be Holy Spirit led and Christians should adhere to the stipulations of the fast as defined by their spiritual leader for groups, or as the Holy Spirit has led the individual.**

Time and duration of the fasts are also considerations for groups and individuals. By example we see that **Jesus fasted for forty days**, **Moses fasted for forty days**, **Daniel fasted for twenty-one days** and so on. ***Both forty and twenty one have biblical significance but scripture does not speak directly to how long one should fast.*** Again, fasts should be Holy Spirit led and Christians should adhere to timeframes and duration as defined by their spiritual leader for groups, or as the Holy Spirit has led the individual.

Writer's Note:



WRITER'S NOTE: Consider the afflicting of the soul when fasting. I would even suggest that the fast may be extended beyond the realm of food. At times in my life I have fasted from **television, radio, social entertainment, alcohol, people, places, shopping, sex** (in the case of sex, it must be an agreed upon time of fasting a prayer with the spouse, see 1 Corinthians 7:5), etc. Anything that is a **fleshly appetite** can be abstained from and thereby can be considered for the fast. It is the **denial of an earthly pleasure for spiritual good**. It is the afflicting of the soul and must be sacrificial in nature.

Key Points:



Key points from Lesson II:

1. Fasting must be practiced out of a pure heart.
2. Fasting should not be done out of wrong motives.
3. Self examination is important while fasting.
4. Fasts should be done according to scripture.
5. Fasts involve suffering.
6. God has purpose in your fast.
7. The Holy Spirit should lead fasts on diet, time, duration.

In Lesson III

- We will study fasting from two aspects: personal and public.



Lesson III – Fasting and Ministry

- Most simply put, fasting is the **denial of earthly pleasure(s) for spiritual good!** It is the spiritual discipline of denying a bodily appetite for a greater, divine purpose. It is the sacrifice of the personal will that gives value to fasting. Fasting is most clearly defined in the Old Testament expression **afflicting the soul.**

Lesson III – Fasting And Ministry



Isaiah 58: 6-7 (NLT)

Private/Public Ministry - Isaiah 58:6 - "No, this is the kind of fasting I want:

- Free those who are wrongly imprisoned;
- lighten the burden of those who work for you.
- Let the oppressed go free,
- remove the chains that bind people.

The heavy yoke of sin and oppression must be removed. As sin and sorrow dry the bones and weaken the strongest human constitution; so the duties of kindness and charity strengthen and refresh both body and mind. Those who do justly and love mercy, shall have the comfort, even in this world.

Lesson III – Fasting And Ministry



Private/Public Ministry - Isaiah 58:7

- Share your food with the hungry,
- give shelter to the homeless.
- Give clothes to those who need them,
- do not hide from relatives who need your help

**Good works will bring the blessing of God, provided they are done from love to God and man, and wrought in the soul by the Holy Spirit.
Fasting should often be accompanied by prayer**

Lesson III – Fasting And Ministry



Many who seem humble in God's house, are hard at home, and harass their families. But no man's faith justifies, which does not work by love. Yet persons, families, neighborhoods, churches, or nations, show repentance and sorrow for sin, by keeping a fast sincerely, and, from right motives, repenting, and doing good works. **The heavy yoke of sin and oppression must be removed.** As sin and sorrow dry the bones and weaken the strongest human constitution; so the duties of kindness and charity strengthen and refresh both body and mind. Those who do justly and love mercy shall have the comfort, even in this world. **Good works will bring the blessing of God, provided they are done from love to God and man, and wrought in the soul by the Holy Spirit.**



Lesson IV – Benefits of Proper Fasting

- Most simply put, fasting is the **denial of earthly pleasure(s) for spiritual good!** It is the spiritual discipline of denying a bodily appetite for a greater, divine purpose. It is the sacrifice of the personal will that gives value to fasting. Fasting is most clearly defined in the Old Testament expression **afflicting the soul.**

Lesson IV – Benefits of Proper Fasting



Isaiah 58: 8-12 (kiv) - Individual Benefits

Isaiah 58:8 - Then shall *thy light* break forth as the morning,
(life, prosperity, instruction, revelation)

and *thine health* shall spring forth speedily:
(wholeness, restored soundness)

and *thy righteousness* shall go before thee;
(morality, right, justness)

the glory of the Lord shall be thy reward.
(glory, honor, abundance,)(gather in, receive, remove)

Isaiah 58:9 - *Then shalt thou call, and the Lord shall answer;*
(Summons, Call – by name)

thou shalt cry, and he shall say, Here I am.
(cry out, shout for help)

*If thou take away from the midst of thee the yoke,
the putting forth of the finger, and speaking vanity;*
(pole/bar, oppression)

(separation/division-wickedness/evil)



Lesson IV – Benefits of Proper Fasting

Isaiah 58: 8-12 (kiv) - Individual Benefits

Isaiah 58:10 - And *if* thou draw out thy soul to the hungry, and satisfy the afflicted soul;
(extend to help the weak/oppressed/depressed)

then shall **thy light** rise in obscurity, (life, prosperity, instruction, revelation)

and **thy darkness** be as the noon day: (darkness, gloom, calamity)

Isaiah 58:11 - And the Lord shall guide thee continually, (guide/perpetuity)

and **satisfy thy soul** in drought, (satisfied, full)

and **make fat thy bones:** (equip, arm – self, substance)

and **thou shalt be like a watered garden,** (saturated, bride/wife)

and **like a spring of water, whose waters fail not.** (a sure source of refreshment)

Lesson IV – Benefits of Proper Fasting



Isaiah 58: 8-12 (NASB)

Corporate Benefits

Isaiah 58:12 - And they that shall be of thee shall build the old waste places:

(establish, restore landmarks of truth)

thou shalt raise up the foundations of many generations;

(moral, solid moral conditions)

and thou shalt be called, The repairer of the breach, The restorer of paths to dwell in.

(call ***nations*** to repentance)

Lesson IV – Benefits of Proper Fasting



Isaiah 58: 8-12 (NASB)

God has instituted the fast for the benefit of mankind.

It is intended to *aid men in seeing God more clearly, hearing God clearly* and *establishing deeper communion through the Holy Spirit.*

The individuals and groups who adopt fasting as a discipline *can effectively be used by God rebuild what has been destroyed, repair what has been broken, and restore what has been lost or damaged.*



Session Agenda

We have discussed...

Lesson 1: A Historical View

1. Observances of Fast
2. Definition of Fasting
3. Fast Facts on the Purpose and Plans for Fasts

Lesson 2: Instructions on Proper Fasting

1. Fasts and Motive : Don'ts
2. God's Purpose for Fasts: Do's



Session Agenda

We have discussed...

Lesson 3: Fasting and Ministry

1. Private Ministry
2. Public Ministry

Lesson 4: The Benefits of Fasting

1. Individual Benefits
2. Corporate Benefits

Session Agenda



Questions & Answers?

5785/202



The Centrality of Christ!

5

Time To Build

FAST & CONSECRATION

Observing the Fast

Instructor: Keith L. Moore

Appendix A

Individual Instances



By Anna

By Pharisees

By Cornelius

By Paul

Habitual By **John's disciples**

Of David, at the time of Saul's death

Of Abner's death

By Daniel For three weeks,

By Moses for forty days,

Elijah

Jesus

[Luke 2:37](#)

[Matthew 9:14](#); [Mark 2:18](#); [Luke 18:12](#)

[Acts 10:30](#)

[2 Corinthians 6:5](#); [11:27](#)

[Matthew 9:14](#)

[2 Samuel 1:12](#)

[2 Samuel 3:35](#)

[Daniel 10:2,3](#)

[Exodus 24:18](#); [34:28](#); [Deuteronomy 9:9,18](#)

[1 Kings 19:8](#)

[Matthew 4:2](#)

Appendix A



Individual Instances

The Fasts Of David

Upon the death of Saul

During the sickness of the child

While interceding in prayer for his friends

In his zeal for Zion

In prayer for himself and his adversaries

[2 Samuel 1:12](#)

[2 Samuel 12:16-22](#)

[Psalms 35:13](#)

[Psalms 69:10](#)

[Psalms 109:4,24](#)



Appendix A

Individual Instances

Of Ahab, when Elijah
prophesied the destruction of himself and his house

[1 Kings 21:27](#); [20:29](#)

Of Jehoshaphat, at the time of the invasion
of the confederated armies of the Canaanites and Syrians

[2 Chronicles 20:3](#)

Of Ezra, on account of the
idolatrous marriages of the Jews

[Ezra 10:6](#)

Of Nehemiah, on account of the
desolation of Jerusalem and the temple

[Nehemiah 1:4](#)

Appendix A

Individual Instances



Of Darius, when he put
Daniel in the lions' den

[Daniel 6:18](#)

Of Daniel, On account of the captivity
of the people, with prayer for their deliverance
At the time of his vision

[Daniel 9:3](#)

By Paul, at the time of his conversion

[Daniel 10:1-3](#)

[Acts 9:9](#)



Appendix A

Instances of Group Fasting

Observed on occasions of **public calamities**

Afflictions

Private afflictions

Approaching danger

Ordination of ministers

Accompanied by prayer

Confession of sin

Humiliation

In times of bereavement

Of the Israelites

In times of conflict

[2 Samuel 1:12](#)

[Psalms 35:13](#); [Daniel 6:18](#)

[2 Samuel 12:16](#)

[Esther 4:16](#)

[Acts 13:3](#); [14:23](#)

[Daniel 9:3](#)

[1 Samuel 7:6](#); [Neh 9:1,2](#)

[Deut 9:18](#); [Neh 9:1](#)

[1 Sam 31:13](#); [1 Chron 10:12](#)

[Judges 20:26](#)

Appendix A

Instances of Group Fasting

When they went to Mizpeh

for the ark of the covenant

Ninevites, when Jonah preached to them

Of the Jews, when Jeremiah

prophesied against Judea and Jerusalem

In Babylon, with prayer for

divine deliverance and guidance

Of the disciples, at the time of

the consecration of Barnabas and Saul

Of the **consecration of the elders**

Additional References: [Ezra 8:21-23](#); [Psalms 35:13](#); [69:10](#); [Isaiah 58:3-7](#); [Jeremiah 14:12](#); [Daniel 10:3](#); [Joel 1:14](#); [2:12,13](#); [Zechariah 7:5](#); [8:19](#); [Matthew 6:16-18](#); [9:14,15](#); [17:21](#); [Acts 27:9,33,34](#); [1 Corinthians 7:5](#)



[1 Samuel 7:6](#)

[Jonah 3:5-10](#)

[Jeremiah 36:9](#)

[Ezra 8:21,23](#)

[Acts 13:2,3](#)

[Acts 14:23](#)



Appendix B

Additional References

[Isaiah 40:6](#) , [Isaiah 43:27](#) , [50:1](#) , [59:12](#) , [Isaiah 1:11](#) , [Titus 1:16](#)

[Isaiah 48:1](#) , [Jeremiah 7:9,10](#) , [Isaiah 1:4,28](#) , [59:13](#) , [Psalms 119:151](#) , [Isaiah 29:13](#) , [57:3](#) , [James 4:8](#) , [Malachi 3:14](#) ,
[Luke 18:12](#) , [Isaiah 22:12,13](#) , [Zechariah 7:5,6](#) , [Isaiah 3:14,15](#) , [59:6](#) , [Isaiah 1:15](#) , [59:2](#) , [Joel 2:12-14](#) , [1 Kings 21:27](#) ,
[Isaiah 49:8](#) , [61:2](#) , [Nehemiah 5:10-12](#) , [Jeremiah 34:8](#)

[Isaiah 1:17](#) , [Isaiah 58:9](#) , [Job 1:31:19,20](#) , [Isaiah 58:10](#) , [Ezekiel 18:7,16](#) , [Isaiah 16:3,4](#) , [Hebrews 13:2](#) ,

[Matthew 25:35,36](#) , [Luke 3:11](#) , [Deuteronomy 22:1-4](#) , [Luke 10:31,32](#)

[Isaiah 58:10](#) , [Isaiah 30:26](#) , [33:24](#) , [Jeremiah 30:17](#) , [33:6](#) , [Psalms 85:13](#) , [Isaiah 62:1](#)

[Exodus 14:19](#) , [Isaiah 52:12](#) , [Psalms 50:15](#) , [Isaiah 55:6](#) , [65:24](#) , [Isaiah 58:6](#) , [Proverbs 6:13](#)

[Psalms 12:2](#) , [Isaiah 59:13](#) , [Deuteronomy 15:7](#) , [Isaiah 58:7](#) , [Job 1:11:17](#) , [Psalms 37:6](#) , [Isaiah 42:16](#) , [58:8](#)

[Isaiah 49:10](#) , [57:18](#) , [Psalms 107:9](#) , [Isaiah 41:17](#) , [Isaiah 66:14](#) , [Song of Solomon 4:15](#) , [Isaiah 27:3](#) , [Jeremiah 31:12](#) ;

[John 4:14](#) , [7:38](#) , [Isaiah 49:8](#) , [61:4](#) , [Ezekiel 36:10](#) , [Isaiah 44:28](#) , [Isaiah 30:13](#) , [Amos 9:11](#)