

FASTING

Fasting

Christian Fast: is the physical separation from satisfying the desires and requirements of the flesh (the ties to your worldly existence) combined with a spiritual focus of your will becoming the will of your Heavenly Father. You become a living sacrifice or offering to God (Matt 26:39 / Mos 8:34 / Romans 12:1-2).

Instructions: Read the scripture reference below and record the important part of the scripture reference that answers the question under each heading.

Are we commanded to Fast?

Alma 4:6

4 Nephi 1:13

Moroni 6:6

Matthew 9:14-15

How do we Fast?

Isaiah 58:3-12

Zechariah 7:4-5

Matthew 6:16-18

Luke 18:10-14

1 Corinthians 7:5

B of C 60:18-24 (pg.111)

Use Wisdom in your Fasting

Matthew 15:32

Mark 8:2-3

Acts 27:33-38

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Reasons for Fasting

Instructions: Read the scripture reference and write a short reason for the fast under the "Grouping of Reasons" column then place the number in front of the scripture reference. There can be multiple reasons contained in the same scripture verse or multiple scriptures for the same reason.

Book of Mormon

- ___ Mosiah 11:182-198
- ___ Alma 3:76-81
- ___ Alma 8:11
- ___ Alma 12:4-5
- ___ Alma 12:13-15
- ___ Alma 21:1-2
- ___ Helaman 2:29-31
- ___ 3 Nephi 12:14-16

Bible

- ___ 2 Chronicles 20:34, 14-17, 22-25
- ___ Ezra 8:21-23; 9:5-15; 10:1-12
- ___ Esther 4:12-17
- ___ Daniel 9:2-5
- ___ Joel 1:13-15
- ___ Joel 2:9-19
- ___ Jonah 3:4-10
- ___ Matthew 4:2
- ___ Matthew 17:16-21 (Mark 9:14-29)
- ___ Acts 13:2-3
- ___ Acts 14:22-23

Grouping of Reasons

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.

Omni 1:47 Yea, come unto him, and offer your whole souls as an offering unto him, and continue in fasting and praying, and endure to the end; and as the Lord liveth, ye will be saved.

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- 1 Mosiah 11:182-198
- 2 Alma 3:76-81
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- 7 2 Chronicles 20:34, 14-17, 22-25
- 1/6 Ezra 8:21-23; 9:5-15; 10:1-12
- 7 Esther 4:12-17
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- 7 Joel 1:13-15
- 7 Joel 2:9-19
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- 3/8 Matthew 4:2
- 3 Matthew 17:16-21 (Mark 9:14-29)
- 3/6 Acts 13:2-3
- 3 Acts 14:22-23

Grouping of Reasons

1. Intercessor: Enlightenment, Repentance, Forgiveness
2. Revelation of Truth, Prophecy, Spiritual Understanding & Power
3. Bless Endeavors, Bringing Truth to Others
4. Thanksgiving
5. Sanctification by the Holy Spirit, from Persecution
6. Understanding and Spiritual Direction
7. Deliverance
8. Fellowship with Spirit

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