



JUDGES

Chaos & Covenant

FASTING THROUGH JUDGES. FOCUSING ON JESUS.

Why Fast?

"Why should I fast?" Fasting is a spiritual discipline to intentionally create a hunger for God, his Word, and his kingdom. It is a powerful practice that serves God's people to intensify prayer, encourage repentance, and to spur dedication to God. Fasting does not earn us favor with God nor is it a tool to manipulate God, rather it is a specific and intentional way of opening our lives to God and for God.

Biblical Principles of Fasting:

1. *Engage in God's Kingdom:* Isaiah 58
2. *Avoid Hypocrisy:* Matthew 6:16-18
3. *Declare Dependence on God:* Matthew 4:4
4. *Long for Jesus' Return:* Matthew 9: 14-17

Fasting in the Bible:

- Moses: Fasted while receiving the Law on Mount Sinai (Deuteronomy 9:9, 18).
- David: Fasted and wept while petitioning God for his sick child (2 Samuel 12: 16-23) and while grieving his enemies (Psalm 35:13).
- Elijah: Fasted for forty days and nights after fleeing Jezebel (1 Kings 19:8).
- Ezra: Called for a fast to seek God's protection for the group returning to Jerusalem (Ezra 8:21).
- Nehemiah: Fasted and prayed upon hearing the devastating news about the destruction of Jerusalem's walls (Nehemiah 1:4).
- Esther and the Jews: Fasted for three days for deliverance from Haman's plot to destroy them (Esther 4:16).
- Daniel: Undertook a fast of three weeks, abstaining from rich foods and wine, while seeking understanding of visions (Daniel 10:2-3).
- Jesus Christ: Fasted for forty days in the wilderness while being tempted by the devil and before beginning His public ministry (Matthew 4:1-2).
- The Early Church: Apostles and disciples fasted when appointing leaders and seeking guidance (Acts 13:3; 14:23).

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How to Fast?

As we begin 2026, we are inviting you to join our Trinity Church family in the spiritual discipline of fasting. Fasting is a discipline designed to create unhurried space and time within our normal busy days. It is meant to slow us down, pause, and focus our hearts on our relationship with the Lord.

Our hope is that you will join us on Fridays by fasting from one meal. There are no strict or rigid rules for fasting. Fasting for a meal might mean foregoing a breakfast meal in the morning, drinking only coffee, water, or juice, and taking the time you'd normally spend eating to be with God in this fasting reflection. At lunch time, break your fast with a meal! As you fast, follow the below guidance to focus on the person of Jesus Christ as revealed in the gospels. Each week we will have a new gospel passage to draw our attention to our risen Savior.

Fasting Guidance:

RELAX. Take a moment to relax. Close your eyes and breathe deeply - inhaling slowly, then exhaling slowly. Repeat this several times as you imagine yourself coming into God's presence. As you finish and get ready to read, pray something simple like "Lord, speak to me through the words of your gospel. Amen."

READ. Read the weekly gospel account about Jesus twice. Read slowly, pausing at the line breaks.

REFLECT. After the reading, take some time to reflect in silence on one or more of the following questions:

- What word or words in this passage caught your attention?
- What in this passage comforted you?
- What in this passage challenged you?
- What is God inviting you into?

RESPOND. Read the scripture passage one more time. Bring to the Lord the praise, petition, questions, or thanksgiving that the Word inspires in you.

REST. Soak in the moment, rest in it, don't rush through it. Do you sense anything that Jesus is inviting you to know, see, believe, or do? Pray: Thank you, God, for meeting with me in this time. Give me courage and faith to follow you this day.



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