

## **Why Do Christians Fast?**

**Luke 5:33–39 (Mark 2:18-22; Matthew 9:14-17)**

### **What Does The Bible Say?**

#### **The Question**

33 One day some people said to Jesus, “John the Baptist’s disciples fast and pray regularly, and so do the disciples of the Pharisees. Why are your disciples always eating and drinking?” (Luke 5:33 NLT)

#### **The Answer**

34 Jesus responded, “Do wedding guests fast while celebrating with the groom? Of course not. 35 But someday the groom will be taken away from them, and then they will fast.” (Luke 5:34–35 NLT)

**We should have joy every day because Christ is within us!**

36 Then Jesus gave them this illustration: “No one tears a piece of cloth from a new garment and uses it to patch an old garment.

For then the new garment would be ruined, and the new patch wouldn't even match the old garment. (Luke 5:36 NLT)

37 “And no one puts new wine into old wineskins. For the new wine would burst the wineskins, spilling the wine and ruining the skins. 38 New wine must be stored in new wineskins. 39 But no one who drinks the old wine seems to want the new wine.

‘The old is just fine,’ they say.” (Luke 5:37–39 NLT)

### **How Can You Obey?**

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. 17 But when you fast, comb your hair and wash your face. 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.

(Matthew 6:16–18 NLT)

## **Jesus tells us how to fast.**

2 One day as these men were worshiping the Lord and fasting, the Holy Spirit said, “Appoint Barnabas and Saul for the special work to which I have called them.” (Acts 13:2 NLT)

## **Fasting helps you make decisions.**

### **Additional Notes:**

If you want to use your home to disciple others, check out our training at [www.crosswaveschurch.com/host](http://www.crosswaveschurch.com/host). Cross Waves has produced short videos to train you to use your home to reach others for Christ. So please check it out.

### **Explore:**

Christianity is about more than attending church and living a good moral life. Being a Christian is about having a vibrant personal relationship with Jesus Christ. Every Sunday School teacher or Bible study leader should want to see each learner enter into this relationship—their eternal destiny depends on it.

As you work toward this goal, keep the following in mind:

Following Christ is more than a mere decision; it is about a lifelong relationship. Jesus called us to make disciples, not mere decision-makers. Aim for long-term faith, not momentary emotion.

Salvation is a matter of grace, not works. Our works do not save us (Ephesians 2:8-9), nor do they keep us (Galatians 3:2-6).

Good works are a product of salvation, not a prerequisite to it.

Don't confuse sanctification with salvation. Holiness follows salvation; it doesn't precede it. Don't try to impose "Christian" expectations on men and women who don't know Christ.

- Keep it simple. Being born again is not complicated. Here's a simple way to explain it:

- Acknowledge your sinfulness and need for a Savior (Romans 3:10, 23).

- Trust in Christ's sacrifice for your sins and His resurrection (Romans 10:9-10).

Surrender your life to God's transforming power (Romans 12:1-2).

Remember that your job is to tell the truth in a way others can understand, answer their questions, and allow them to respond.

If you do that faithfully, some will respond and join the band of Christ- followers. When they do, Heaven will rejoice!

### **Question 1 of 4**

How do explain fasting?

## **Question 2 of 4**

What are the similarities of Jesus as the bridegroom and His presence at the wedding feast with Jesus and the Church?

## **Question 3 of 4**

When and how should we fast? What are some different ways of fasting that are pleasing to God?

## **Question 4 of 4**

How do you explain to someone that Matthew 17:21 is not in newer Bible Versions?