

Questions Posed for Study

Question: What is the appropriate age for fasting?

**Fasting particulars
(Psalm 109:21 - 31)**

Intro: When we consider both the blessings and the dangers inherent with fasting, we need to be aware of a number of factors.

1. What is an appropriate _____ for fasting?
2. What am I endeavoring to _____ by fasting?
3. What type of fast may be the right one for me and our family?
4. Fasting and our _____.

As we delve into this subject, we should know that there are three basic kinds of fasting as mentioned in the Bible;

I. Three types of fasts.

1. An _____ fast or absolute fast in which one abstains from food and water.
 - A. This would be conducted for _____ emergencies and wouldn't last more than three days – **Esther 4:15 – 16.**
 - B. A typical person can go three days without _____ before their internal organs begin to fail and death follows.
 - C. Having said this, a number of factors can _____ the time factors for organ failure, such as climate, age, activity and health of the individual.
 - D. we can go longer without _____ than when one is on a water fast.
 - E. Moses entered into a fast when he was on Mount Sinai. His fast was a super-natural fast in that he went without _____ and _____ for forty days on two separate occasions. (**Exodus 34:28 – 35, & Deuteronomy 9:9 – 18**)
2. Then there is a _____ fast involving abstaining from food, but allowing water.
 - A. This appears to be the fast _____ did in **Matthew 4:1 – 2.**
 - B. Notice after His fast He was hungry, but no mention of being _____.
3. Then there is the “_____” fast which is a restricted diet established between an individual and the Lord.
 - A. Usually due to a _____ factor in which a normal fast isn't practical or possible.
 - B. Daniel 10:3 – note the phrase, “no pleasant bread, neither came flesh nor wine”

II. Three basic reasons to fast.

1. There are those who are _____ of the Lord to do so, which was the case with Moses & Christ.
 - A. God _____ Moses up into Mount Sinai. – **Exodus 19:20.**
 - B. The Holy Spirit _____ Jesus up into the wilderness. - **Matthew 4:1 & 2.**
 - C. The seriousness of this type of fast would seemingly require the Lord's _____.
2. Some fast for physical, health and a greater self-discipline.
 - A. The Apostle Paul's greatest fear was becoming a "_____". **I Cor. 9:27.**
 - B. There are those times when fasting is the best and most _____ means we can employ when resolutions are not carrying the day.
 - C. Back in the day, my Karate coach would fast prior to semipro tennis season.
 - D. Our bodies get _____ to habits and it tends to get sluggish as does our mind.
 - E. Spiritually, we may be wrestling with thoughts, with worldly influences and we need to bring these things "into _____" so that when all is said and done, we also could become castaway or Believers who are not what we should be.
3. Some fast due to _____ reasons and benefits.
 - A. It is amazing what appropriate fasting can accomplish for the human body.
 - B. There is a _____ of toxins, a time for stabilizing one's adverse health issues.
 - C. We ingest things in our diets that may be good for preserving the product, but not so much the human body.

III. What ages should a person begin to fast?

1. While age is important, more so are the _____ issues of each individual – a physician's counsel is very important.
2. A _____ fast would seem somewhat reasonable for older young people and healthy adults. For children young a partial fast would be wise if they are healthy.
3. For partial fasts, fruit juices would be a wise alternative, but wiser yet for young people, electronics fast would be sufficient to accomplish reigning in the flesh.
4. For _____ couples, Paul giving wise counsel of the Holy Spirit writes in **I Corinthians 7:1 – 5**, that when a spouse feels the necessity to fast, or has the desire too fast, both the time and length are to be discussed with the other spouse and their blessing given as their needs are to be taken into consideration.