

**They Will Fast**  
**Pastor John Carmichael**

[Mar 2:19-20 NASB95] 19 And Jesus said to them, "While the bridegroom is with them, the attendants of the bridegroom cannot fast, can they? So long as they have the bridegroom with them, they cannot fast. 20 "But the days will come when the bridegroom is taken away from them, and then they will fast in that day.

- Favorite time of year... 21 Day Fast.
- In Mark 2:19-20, Jesus was being questioned about why His disciples were not fasting, while others were fasting. In that time, fasting was a way of life. It was a normal practice to fast. Anyone who was religious or just wanted to draw closer to God fasted. Therefore, it surprised many people that Jesus would not have His disciples to fast. He replied by saying that they would not be fasting while He was with them. Yet, He said the time would come when He would be taken from them and "then they shall fast." We are in that time.

**What does Mark 2:20, teach us about fasting?**

**Mark 2:20, teaches us that today Christians are expected to fast.**

**I. Then... is now.**

**II. They... we are "they"**

**III. Will... Jesus expects that we will fast.**

**IV. Fast... fasting is normal Christianity.**

**a. What is fasting?**

**i. Biblical fasting is when a person, in order to enhance their spiritual lives, eliminates or limits the consumption of food for a certain period of time. BDAG – the experience or act of going without food for a devotional purpose.**

**ii. Types of Fasting**

1. Daniel's - no meats or sweet foods. Daniel 10:3

2. Partial Day - Fasting sunup to sundown.

a. Judges 20:26 – until evening

b. II Samuel 1:12 – until evening

c. Acts 10:30 – until 3PM.

3. Partial - Fast one type of food

4. One Meal - Fasting a meal usually eaten.

5. Complete - no solid foods, liquids only.

6. Total - No food and water. ONLY AS LORD LEADS; 3 DAYS MAXIMUM.

**b. Why do we fast?**

**i. Repentance - Fasting was used as an outward sign of repentance. Many cities or individuals would fast when turning from sin. [Joe 2:12 NASB95] 12 "Yet even now," declares the LORD, "Return to Me with all your heart, And with fasting, weeping and mourning;**

**ii. Spiritual vs Asceticism – we fast to enhance our spiritual life not as just a physical or discipline. [Col 2:16, 21-23 NASB95] 16 Therefore no one is to act as your judge in regard to food or drink or in respect to a festival or a new moon or a Sabbath day ... 21 "Do not handle, do not taste, do not touch!" 22 (which all [refer] [to] things destined to perish with use) in accordance with the commandments and teachings of men? 23 These are matters which have, to be sure, the appearance of wisdom in self-made religion and self-abasement and severe treatment of the body, [but are] of no value against fleshly indulgence.**

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- iii. **Position oneself to receive from God. God rewards those who fast.** [Mat 6:18 NASB95] 18 so that your fasting will not be noticed by men, but by your Father who is in secret; and your Father who sees [what is done] in secret will reward you.
- c. **What happens (reward) when we fast? Here are a few specific rewards/responses to fasting:**
  - i. **Protection: [Ezr 8:21-23 NASB95]** 21 Then I proclaimed a fast there at the river of Ahava, that we might humble ourselves before our God to seek from Him a safe journey for us, our little ones, and all our possessions. 22 For I was ashamed to request from the king troops and horsemen to protect us from the enemy on the way, because we had said to the king, "The hand of our God is favorably disposed to all those who seek Him, but His power and His anger are against all those who forsake Him." 23 So we fasted and sought our God concerning this [matter,] and He listened to our entreaty.
  - ii. **Direction:**
    - 1. [Dan 10:1-3 NASB95] 1 In the third year of Cyrus king of Persia a message was revealed to Daniel, who was named Belteshazzar; and the message was true and [one of] great conflict, but he understood the message and had an understanding of the vision. 2 In those days, I, Daniel, had been mourning for three entire weeks. 3 I did not eat any tasty food, nor did meat or wine enter my mouth, nor did I use any ointment at all until the entire three weeks were completed.
    - 2. [Act 10:30-33 NASB95] 30 Cornelius said, "Four days ago to this hour, I was praying in my house during the ninth hour; and behold, a man stood before me in shining garments, 31 and he said, 'Cornelius, your prayer has been heard and your alms have been remembered before God. 32 'Therefore send to Joppa and invite Simon, who is also called Peter, to come to you; he is staying at the house of Simon [the] tanner by the sea.' 33 "So I sent for you immediately, and you have been kind enough to come. Now then, we are all here present before God to hear all that you have been commanded by the Lord."
  - iii. **Ordination:**
    - 1. [Act 13:1-3 NASB95] 1 Now there were at Antioch, in the church that was [there,] prophets and teachers: Barnabas, and Simeon who was called Niger, and Lucius of Cyrene, and Manaen who had been brought up with Herod the tetrarch, and Saul. 2 While they were ministering to the Lord and fasting, the Holy Spirit said, "Set apart for Me Barnabas and Saul for the work to which I have called them." 3 Then, when they had fasted and prayed and laid their hands on them, they sent them away.
    - 2. [Act 14:21-23 NASB95] 21 After they had preached the gospel to that city and had made many disciples, they returned to Lystra and to Iconium and to Antioch, 22 strengthening the souls of the disciples, encouraging them to continue in the faith, and [saying,] "Through many tribulations we must enter the kingdom of God." 23 When they had appointed elders for them in every church, having prayed with fasting, they commended them to the Lord in whom they had believed.
  - iv. **Preparation:**

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1. [Mat 4:1-2 NASB95] 1 Then Jesus was led up by the Spirit into the wilderness to be tempted by the devil. 2 And after He had fasted forty days and forty nights, He then became hungry.
2. [Luk 4:1-2, 14-15 NASB95] 1 Jesus, full of the Holy Spirit, returned from the Jordan and was led around by the Spirit in the wilderness 2 for forty days, being tempted by the devil. And He ate nothing during those days, and when they had ended, He became hungry. ... 14 And Jesus returned to Galilee in the power of the Spirit, and news about Him spread through all the surrounding district. 15 And He [began] teaching in their synagogues and was praised by all.

- **“That day” (Mrk 2:20) is TODAY!**
- **Seek God and use wisdom as you make a decision that fasting will be a regular part of your Christian journey with God and expect to experience rewards that He promises.**