

So we

# Fasted and Pleaded

with our God about this,

and He was receptive to our prayer.

Ezra 8.23



# *Fasted and Pleaded*

## Fasting as a Biblical Concept

- Fasting is found in both the Old Testament and the New Testament
- Fasting came in many shapes and sizes
- Fasting is often associated with prayer



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## Fasting for Today

- Jesus commands us to fast
- There is a pattern of fasting in the early church
- Fasting is beneficial for us as Christians
- We should be fasting and praying to God
  - For those physically ailing
  - For those spiritually ailing
  - When the elder's call for it, we should fast and pray together



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