

## Mark 2:18-20 **Fasting**

<sup>18</sup> The disciples of John and of the Pharisees were fasting. Then they came and said to Him, "Why do the disciples of John and of the Pharisees fast, but Your disciples do not fast?" <sup>19</sup> And Jesus said to them, "Can the friends of the bridegroom fast while the bridegroom is with them? As long as they have the bridegroom with them they cannot fast. <sup>20</sup> But the days will come when the bridegroom will be taken away from them, and then they will fast in those days. NKJV

### Facts Revealed:

- ✚ The question regarding fasting practiced by the disciples of John and the Pharisees indicated that fasting was a regular practice of both. [Mark 2:18, Matthew 9:14]
- ✚ Jesus answer did not reject the concept of fasting, but rather supported it, though in the presence of the Lord it is not appropriate. [Mark 2:19, Matthew 9:15]
  - ✧ The time is coming when they will fast after Jesus is taken away from them. [Mark 2:20, Matthew 9:15, Luke 5:35]
  - ✧ Jesus Himself fasted 40 days and 40 nights prior to His temptation beginning His ministry. [Matthew 4:1-11]
  - ✧ Fasting is a determined choice often accompanying a heart seeking a closer relationship with God for specific favor.
  - ✧ Fasting became appropriate after Jesus was taken from the earth to Heaven where He is waiting for the time of refreshing and restoration of all things. [Mark 2:20, Matthew 9:15, Acts 3:21]
  - ✧ Moses did not eat or drink anything for forty days and forty nights twice while on the mountain with God, but I would not call it a fast, but the sustaining presence of God.
    - ✧ The first time was before the incident with the golden calf. [Exodus 24:18, 31:18, Deuteronomy 9:9-11]
    - ✧ The second after the incident with the golden calf. [Exodus 34:28, Deuteronomy 10:10]
  - ✧ The first fast mentioned in the Bible is that of the Children of Israel when they made war against the Children of Benjamin for the homosexual attack on the Levite and the sexual abuse that caused the death of his concubine. [Judges 20:26] The story unfolds in [Judges 19:1 through 21:25]
  - ✧ The second was when Samuel called Israel to repentance after the Ark of God was returned from the Philistines, and the people of Beth Shemesh looked inside the Ark and God struck 50,070 of them with a great slaughter. [1 Samuel 7:3-6] The story unfolds in [1 Samuel 4:1 through 7:17]
  - ✧ The third was when they fasted seven days after the burial of Saul and Jonathan. [1 Samuel 30:13] David and his men also fasted until morning after hearing of the death of Saul and Jonathan. [2 Samuel 1:1-12]
  - ✧ David fasted, on behalf of his first son with Bathsheba, whom God caused to die after David had committed adultery with her and killed her husband Uriah. [2 Samuel 12:15-23]
  - ✧ Then Jehoshaphat called for a fast throughout Judea, out of fear of the invading armies from Syria, Ammon, and Moab. [2 Chronicles 20:1-13]
  - ✧ There are many other examples of fasting in the Old Testament.
  - ✧ There will be no fasting during the Kingdom of Heaven when Jesus will be King of kings and Lord of lords over all the earth for a thousand years.
  - ✧ God said that the fast that is pleasing in His sight is to do righteousness:

### Isaiah 58:6-9

<sup>6</sup> "Is this not the fast that I have chosen:  
To loose the bonds of wickedness,

To undo the heavy burdens,  
To let the oppressed go free,  
And that you break every yoke?  
7 Is it not to share your bread with the hungry,  
And that you bring to your house the poor who are cast out;  
When you see the naked, that you cover him,  
And not hide yourself from your own flesh?

8 Then your light shall break forth like the morning,  
Your healing shall spring forth speedily,  
And your righteousness shall go before you;  
The glory of the LORD shall be your rear guard.  
9 Then you shall call, and the LORD will answer;  
You shall cry, and He will say, 'Here I am.' NKJV

✧ When they asked about fasting in the days of Zechariah, God responded the same way and expressed His desire on the subject:

[Zechariah 7:8-10](#)

8 Then the word of the LORD came to Zechariah, saying, 9 "Thus says the LORD of hosts:

'Execute true justice,  
Show mercy and compassion  
Everyone to his brother.  
10 Do not oppress the widow or the fatherless,  
The alien or the poor.  
Let none of you plan evil in his heart  
Against his brother.' NKJV