

Fasting—abstaining from physical nourishment[Page 224]A. *Occasions of:*

Public disasters 1 Sam. 31:11–13
 Private emotions 1 Sam. 1:7
 Grief 2 Sam. 12:16
 Anxiety Dan. 6:18–20
 Approaching danger Esth. 4:16
 National repentance 1 Sam. 7:5, 6
 Sad news Neh. 1:4
 Sacred ordination Acts 13:3

B. *Accompaniments of:*

Prayer Luke 2:37
 Confession Neh. 9:1, 2
 Mourning Joel 2:12
 Humiliation Neh. 9:1

C. *Safeguards concerning:*

Avoid display Matt. 6:16–18
 Remember God Zech. 7:5–7
 Chasten the soul Ps. 69:10
 Humble the soul Ps. 35:13
 Consider the true meaning of Is. 58:1–14

D. *Results of:*

Divine guidance Judg. 20:26–28
 Victory over temptation Matt. 4:1–11

E. *Instances of:*

Moses Ex. 34:27, 28
 Israelites Judg. 20:26
 Samuel 1 Sam. 7:5, 6
 David 2 Sam. 12:16
 Elijah 1 Kin. 19:2, 8
 Ninevites Jon. 3:5–8
 Nehemiah Neh. 1:4
 Darius Dan. 6:9, 18
 Daniel Dan. 9:3
 Anna Luke 2:36, 37
 Jesus Matt. 4:1, 2
 John's disciples and the Pharisees Mark 2:18
 Early Christians Acts 13:2
 Apostles 2 Cor. 6:4, 5
 Paul 2 Cor. 11:27

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