

## JESUS QUESTIONED ABOUT FASTING

**Scripture:** Matthew 9:14-15

Friday, February 16, 2018, 3rd Day of Lent

<sup>14</sup> Then John's disciples came and asked him, "How is it that we and the Pharisees fast often, but your disciples do not fast?"

<sup>15</sup> Jesus answered, "How can the guests of the bridegroom mourn while he is with them? The time will come when the bridegroom will be taken from them; then they will fast.

Fasting in the Old Testament time was required by Jewish law. I am sure that is why Jesus was questioned about His disciples' habit of not fasting. Jesus was known to fast in times when faced with a spiritual need but as a rule He did not fast.

Why did His disciples not fast? He asked, would one fast when the bridegroom (Jesus Himself) was with them. That was a time to be joyful but knowing what was to come Jesus said His disciples would fast when He was taken from them. He made it seem as if fasting was for a time of sadness and stress. Oh my, if that is still true today, let the church fast!!

Many folks fast during the season of Lent. Is it as a means of growing closer to Jesus or a time of sadness over the crucifixion? I believe fasting should be a time of personal growth. Replace food (not chocolate, I know where you can get wonderful chocolate, peanut butter Easter eggs), drink, or bad habits with times of prayer and meditation and finding a closer walk with Jesus. But, do it privately and keep it between you and God.

**Prayer:** Dear God, help us to be more like You and when we make an effort to grow nearer to You, help us to do it in a manner that brings glory to You. Thank you for loving us and help us to love You better. Amen

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