

West Valley Church of Christ – March 30, 2025

18604 Lower Buckeye Rd.  
Goodyear AZ 85338  
P.O. Box 67, Buckeye, AZ 85326

wwcochrist.com

Sunday Bible Study: 9:30 a.m.  
Sunday Worship: 10:30 a.m.  
Wednesday Devotional: 6:30 p.m.

**SHOULD A CHRISTIAN FAST? (Part 1 of 4)**



We are living in a society that ranks “eating” as one of its highest passions. We not only enjoy eating; we even enjoy talking about eating. If you don’t believe me, just ask someone sometime where his or her favorite place to eat is, and watch his or her face light up. The conversation will move quickly from a great seafood place to a great steakhouse to a great Mexican restaurant.

Now this article is not about where the best place to eat is, but rather some thoughts about the biblical fasting. A fast may be giving up a meal, or certain types of food or drink. I think it is safe to say that we have not placed a great deal of emphasis on the subject of fasting in the Lord’s church. In fact, I dare say as much as most of us like to eat. I think we view fasting in the same category as hitting our thumb with a hammer – not only is it something we do not want to do; it is something we do not even want to think about. The Bible has a lot to say about fasting. Just a few of the people in the Bible who fasted are Moses, Samson, Samuel, Hannah, David, Elijah, Ezra, Nehemiah, Esther, Daniel, Anna, John the Baptist and his disciples, Jesus, Paul and numerous others. Fasting is a biblical subject.

Clark Tatum