



## Theology Threads | Season 3: Episode 15 Notes | Why Do We Fast?

### Summary

On this week's episode of Theology Threads, Dr. Brian Jenkins and Pastor Miles Langrock are talking about the spiritual practice of fasting. An often-confusing subject, this episode answers questions about what fasting really is, why we should or shouldn't do it, and what Jesus taught about it in the New Testament. Make sure you are subscribed and following us wherever you get podcasts and social media to stay up to date with season 3.

You can email us with questions at [hello@theothread.com](mailto:hello@theothread.com)

### Reflection Questions

Have you ever participated in a church fast, or done an individual fast?

Is fasting something you practice regularly, rarely, or not at all?

What is an aspect of fasting that has confused you in the past? Did this episode answer that question?

If you could share one point from this episode with someone, what would it be and who would you share it with?

