

Abstract

This work deals with the topic of fasting and integrates fasting into context of the Holy Scriptures. It seeks to bring an overview of the fasting passage in the Old and New Testament. It names the reasons and uncovers the internal and external motivations of the fasting. It follows fasting as a line running from Old Testament to New Testament times, continues in the time of the apostolic church. It mediates the experiences of fasting practice of the church's Fathers in the time of patristic period in reference to the present time. The focus of the work is on the fast of Jesus. Selected extracts are submitted and commented with the help of professional literature with the intention of restore the perception of the fasting as one of available means of deeping the spiritual life.