**Floral Heights Church of Christ**
1814 Buchanan, Wichita Falls, Texas 76309

**Schedule of Services**
- **Sunday Worship:**
  - 9:30 AM Bible Study
  - 10:30 AM Worship
  - 6:00 PM Worship

- **Wednesday:**
  - 7:30 PM Bible Study

---

**The Weaker Vessel**

> “7 You husbands, in like manner, dwell with your wives according to knowledge, giving honor unto the woman, as unto the weaker vessel, as being also joint-heirs of the grace of life; to the end that your prayers be not hindered” (1 Peter 3:7).

The Apostle Peter addresses the subjection of people to governments, masters, and husbands in chapters 2 and 3. When we come to 1 Peter 3:7 the apostle of Christ labels the wife as a “weaker vessel.” Through the years I have heard preachers and Bible class teachers tell us that this means that she is more emotional or physically weak than the man. This article shall examine the context and meaning of the word “weak” to prove that Peter is identifying the wife’s rule of subjection in the marriage rather than being emotional or physically weak.

Peter instructs husbands to consider the fact that their wives are the “weaker vessel.” To be “weaker” (Greek *asthenes*) means, “without strength, weak, feeble, weakly... insignificant, petty, and small” (Liddell and Scott Greek English Lexicon page 123). The word “vessel” is simply a container used for storing material. The woman’s figurative vessel (i.e.; what she is comprised of) is weak. The Revised Standard Version Bible translates this phrase, “the weaker sex.” The Greek word *asthenes* is found 22 other times in the New Testament. Eight times we find the word used in relationship to sicknesses that need healing. These people are weak because they are physically sick. Three times the word weak is used to illustrate one’s lack of strength to withstand temptation. These people are weak spiritually. Six times we find the word being used in relationship to sicknesses that need healing. These people are weak because they are physically sick. Three times the word weak is used to illustrate one’s lack of strength to withstand temptation. These people are weak spiritually. Six times we find the word being used to indicate one’s physical strength or power. Such people are weak physically. There are four times that we find this Greek word in relationship to people’s lack of understanding the larger picture of truth. Some people are weak in their understanding of matters of indifference (see Romans 14). Lastly, there is a case where one is weak in relationship to being small, insignificant, and or petty in...
The Lost Art of Fasting

Introduction
Perhaps the great fast of Christ is the first thing that comes to one’s mind when they think of a fast (see Matthew 4:1-2). The word “fast” (Greek nstesuo) means, “Fasting, want of food...a fast, or religious abstinence from food” (Moulton’s Greek English Lexicon 277). People of the Old Testament and New Testament days participated in various fasts (see Zechariah 8:19; Matthew 6:16-18 and Luke 5:33). Not everyone participated in all the fasts that others did (see Matthew 9:14-15). The only commanded fast found in the Bible was the twenty four hour fast of the Day of Atonement (see Leviticus 23:27-32). After the Mosaic Law was abrogated by the sacrifice of Christ the Day of Atonement was done away with. There are no more commanded fasts yet we find the early church practicing this by way of sorrow, spiritual service, and affliction of the soul. God does not command his saints to fast today yet it remains a personal conviction that is commendable if kept to one’s self.

I. Fasting because of Great Sorrow
A. “It is a matter of common observation and experience that great distress causes loss of appetite and therefore occasions abstinence from food” (ISBE page 1099).
B. Hannah fasted because of her sorrow over her barren womb (1 Samuel 1:7)
C. People fasted after they heard that Saul and Jonathan died in battle (2 Samuel 1:12).
D. David would not eat after he found out that Abner died (2 Samuel 3:35).
E. Ahab fasted because he could not have Naboth’s vineyard (1 Kings 21:16).
F. Nehemiah fasted because the walls had not yet been built (Nehemiah 1:4).

II. Fasting so that one may call upon the Name of God for Help
A. Disciples prayed and fast when installing elders in church (Acts 14:23)

III. Fasting to Afflict the Soul (Day of Atonement - Leviticus 23:27-32)
A. The object of this type of fast is to cause one to remember the times of sorrow and guilt produced by one’s sins or various tests. These were times when food was not wanted. To fast is to put oneself back into the moment of great sorrow and distress. The exercise keeps the affects of sin and sorrows before our mind so that we will be careful not to do sinful things that would bring on such sorrows in life (see Psalms 42:3 and 1 Peter 2:19-22).
B. See also Isaiah 58:1-6

IV. Should Christians Fast Today?
A. The only command fast was to the Day of Atonement and this is no longer celebrated.
B. The Apostle Paul tells us that to eat food or not eat food is not a matter of getting us any closer to heaven (see Romans 14:3, 7 and 1 Corinthians 8:8).
C. If one were to voluntarily fast today in order to afflict their soul in remembrance of the consequences of sins then do it in private (see Matthew 6:16-18 and Romans 14:22).

Conclusion
Though fast are not commanded it is apparent that it was a New Testament practice that illustrated a spiritual mindset of the disciples. If we were to fast today we would certainly need to have our spiritual house in order. We cannot voluntarily afflict our soul with a fast when we continue to sin and suffer the afflictions that come with it. To truly fast is a matter of great holiness. Don’t let your holiness; however, become the very stumbling block that prevents you from entering into heaven.