

"Get in the Word"

Lesson 59 of 94

Revised: September 17, 2018

Prayer and Worship- Fasting

Lesson #4

Fasting

1. Should fasting be done privately between you and God (Matthew 6:16-18) (yes or no)?
2. Is fasting simply a matter of not eating, or does it involve other things (Isaiah 58:6-7, 10)?
3. How often did Paul fast (2 Corinthians 11:27)?

God Blesses Us When Our Fasts...

- ❖ Focus on Him and honor Him. (Although you will receive spiritual blessings, these are not proper motives for fasting).
- ❖ Have spiritual purposes. (Although you may realize certain physical benefits, these are not proper motives for spiritual fasting, ex: for weight-loss purposes).
- ❖ Cause individuals to humble themselves and submit to the authority of God and His Word.
- ❖ Cause individuals to acknowledge and repent of sin.
- ❖ Deprive our natural desires, appetites, and lusts to focus on the spiritual.

Caution!!!

Pray before you start. Check with your doctor first. Plan the length of your fast (1 day, 3 days, etc.). Eat mainly raw foods and drink plenty of water for a few days before you begin a fast. Determine what type of fast you will undertake (water only, juice only, etc.) **Spend large amounts of time in God's Word and in Prayer while you are fasting.** Expect some physical and mental discomfort. Consider the feelings of others. End the fast gradually (move from soft foods to hard foods slowly).

Examples

1. What were the results when Nehemiah fasted (Nehemiah 1:1- 2:8)?
2. How long did Esther and Mordecai fast and what were the results (Esther 4:15-17; 9:22-25)?
3. What were the results when Daniel fasted (Daniel 9)?
4. How long did Jesus fast and what were the results (Matthew 4:1-11)?
5. What did the church leaders do (Acts 14:20-23)?

Don't ever try to fast without feasting as well. You can't take something out of your life and leave an empty whole unaddressed.

I love to eat, especially late night snacks. Giving up this habit was not easy until I replaced my snacks with better habits and changed my time management.

Fasting always leaves room for feasting. While you deny yourself in one area, try allowing yourself in another. Fasting does not mean stopping, it means you are changing...



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