

BIBLE STUDY: Spiritual Disciplines: Fasting

What is Fasting?

- Matthew 6:15-18- Fasting is a voluntary, deliberate abstinence from any form of physical or emotional gratification to achieve a greater spiritual goal
- Fasting is **NOT**:
 - Dieting
 - Fasting Changes the way we see. A Diet changes the way we look
 - Making God Do something

What is the goal of Fasting?

Key Point: Fasting comes with an open reward according to **Matthew 6:18. Fasting Changes us not God.**

- Get Closer- Matthew 9:14-15
- Hear Clearly- Acts 13:1-2; Luke 2:25-37
- Live Freely – Isaiah 58:6, Matthew 17:21
- Petition God- Esther 4:15-16

What are the different types of fast?

- Total (Absolute) Fast- Acts 9:9
- Normal Fast- Luke 4:1-2
- Partial Fast- Daniel 10:2-3
- Corporate/Communal Fast/Public- Esther 4:15-16, Jonah 3:5
- Soul Fast

What should I do while I am Fasting?

Key Point: Fasting is Time we give to God

- Plan and Prepare
- Focus on areas of your life that you'd like to receive breakthrough, deliverance, or blessing. Find scriptures to meditate on concerning those areas
- Use the SOAP Method
 - S- Scripture
 - Write out a verse or passage of scripture that speaks to your heart
 - O- Observation
 - Write out what stood out to you concerning the verse. Identify the commands or the instructions.
 - A- Application
 - Apply the verse to your life. Determine how you will live out this verse as it relates to what you read
 - P- Prayer- Pray, Pray, Pray
 - Fasting without prayer is Powerless. Respond to the scripture in prayer.
- Consider getting a prayer or accountability Partner
- Join our church as we pray each day