

Fasting

Zechariah 7:1-6; Acts 13:1-3; Matthew 4:1-4, 6:16-18

1. The classic Spiritual Disciplines of the Christian Faith

- The Inward Disciplines: **Meditation (2-25)**, Prayer, **Fasting (3-4)**, Study
- The Outward Disciplines: **Simplicity (3-11)**, **Solitude (3-18)**, Submission, Service
- The Corporate Disciplines: Confession, Worship, **Guidance (3-25)**, Celebration

2. We are putting ourselves in places for _____

3. Over the centuries Christian have practiced these disciplines to ...

- Deepen their _____ with God.
- Put themselves in a place where _____
- To experience authentic _____.

4. Why does fasting seem out-of-date?

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- What has this led to?

5. What is the testimony of the Bible and most of Church history?

6. Are we commanded to fast? ... to pray? ... to give to the needy?

7. What does Jesus teach about giving to the needy, praying, and fasting in Matthew 6:1-18?

- What is the plan interpretation of Jesus' teaching?

8. What does Jesus teach about fasting in Matthew 9:14-15?

- What did the early Christians do in Acts 13:1-3

9. What is the Big Conclusion about fasting?

10. What is the purpose of fasting?

- "Fasting must forever _____." – Richard Foster
- What was God's question back to the people of Bethel when they asked whether they should continue to fast? Zechariah 7:1-6
- "First, let fasting be done unto the Lord with our eye singly fixed on Him. Let our intention be this, and this alone, to glorify our Father which is in heaven." – John Wesley
- "This is the only way we will be saved from loving the blessing more than the Blessor." – Richard Foster

11. What are some "secondary benefits" that come with fasting?

12. Next step: _____.

13. What are a few guidelines for beginning to fast?