



**WORSHIP**

## **FASTING**

**Objective for Learning:** To understand the importance and purpose of fasting.

**Objective for Living:** To build a regular rhythm of fasting into your spiritual walk.

**Objective for Reproducing:** To encourage and lead others to fast and draw near to God through this powerful spiritual discipline.

### **Scriptures for Fasting:**

- Deuteronomy 8:3
- Daniel 9:3
- Joel 2:12-13
- Matthew 6:16-18
- Matthew 9:14-15
- Matthew 4:1-4
- Isaiah 58
- Acts 13:2

How do each of these Scriptures help to **define** and **illuminate** what fasting is and why it is important?

### **Hearing (Discussion Points and Questions):**

#### **Overview:**

Fasting is not eating with the sole intent of drawing near to God. It is a way to pray with both your stomach and soul. It is your entire self (body and spirit) entering into a time with God. Fasting can be flexible, from one meal to one day to forty days. It can be done individually or corporately and for a variety of reasons. Regardless of the duration, the purpose of fasting is, as Dallas Willard says, to “feast on our Lord and doing His Will.”

Galatians 5:13-25 speaks of starving the flesh and feeding the Spirit so we can grow closer to Jesus, which is the heart of fasting. To starve our flesh and feed our spirit is the gateway and key to freedom and is a tool that can quickly recalibrate your soul

towards things above (Colossians 3:1-2). When we fast, we feed on the energy and power of the Holy Spirit and nothing else. While this can be uncomfortable at first, it is one of the most potent spiritual disciplines in growing closer to the Lord, hearing His voice, discerning His will, to express grief, to seek deliverance, to show repentance, humility, overcome temptation, and to break the yoke of the enemy. This has a ripple effect in the rest of our life and causes your desires to shift towards spiritual things.

### **Questions for Learning and Living:**

- If someone asked you why fasting is important, what would you tell them?
- What are some of the reasons that would warrant fasting?
  - What do you see in the Scriptures?
- Discuss what type of fasting routine you want to do. How often? How long?
- What would you tell someone who cannot fast food for medical reasons?

### **Questions for Reproducing:**

- What are some strategies and ways to help motivate others to fast?
- What are the steps you would need to take to get them on board with fasting?  
How do you help to cultivate a passion and consistency of fasting in the lives of others?

### **Doing (Implementation and Application):**

- What is Jesus saying to you about this?
- How are you going to respond? Look at your personal discipleship assessment.
  - Give 1-3 concrete action steps that you are going to do this week to help you take the next step of learning, living, or reproducing in this area.
- Choose one of the Scriptures that really impacted you and commit to memorizing it this week.