

The Power of Fasting

How to Fast

Session Overview

Fasting is one of the most well-known spiritual practices in Scripture, yet it can often feel confusing, intimidating, or even discouraging. Many believers have fasted before, but still wonder whether they are approaching it in the right way or getting the most out of it spiritually.

In this session, we explore fasting through two key lenses: posture and practice. Scripture shows us that fasting is not about performance, discipline, or impressing others—it is about humbly seeking God with sincerity. When our posture is right, the practical side of fasting becomes a meaningful pathway to deeper dependence on God, clearer spiritual awareness, and greater openness to His leading.

Key Scriptures

- **Matthew 6:16–18** – Jesus teaches that fasting is about our motivation before God, not public recognition.
 - **Isaiah 58:3–4** – God confronts fasting that is disconnected from justice, humility, and right living.
 - **Daniel 10:2–3** – Daniel models a form of fasting marked by restraint, focus, and sustained seeking of God.
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Key Take-Aways

- Fasting is not a performance; it is an act of humility and sincere pursuit of God.
 - God is more interested in our heart posture than our outward expressions of discipline.
 - Fasting does not replace obedience, love for others, or righteous living—it must flow from them.
 - Wise and intentional fasting creates space to become more aware of our dependence on God.
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Discussion Questions

1. **What comes to mind when you think about fasting?**
 - Follow-up: Have your past experiences with fasting been mostly positive, difficult, or mixed? Why do you think that is?
2. **What posture do you most naturally bring into fasting—earning, striving, surrender, or trust—and how does that shape your experience of God?**
 - *Follow-up: How might a shift in posture change not just how you fast, but how you relate to God more broadly?*
3. **Why do you think Jesus warns against fasting for the sake of recognition or approval?**
 - Follow-up: Why might it be tempting sometimes to seek the approval of others while fasting?
4. **Isaiah 58 shows that God is concerned not just with fasting, but with how people live while they fast. What does this reveal about the kind of obedience God is actually looking for?**
 - *Follow-up: Where do you see everyday obedience shaping—or undermining—your spiritual practices?*
5. **Scripture encourages us to be led by the Holy Spirit when it comes to fasting.**
 - Follow-up: What might it look like for you to invite God's guidance more intentionally before you fast?
6. **Looking ahead, how could you approach fasting in a way that is wiser, healthier, and more spiritually meaningful?**
 - Follow-up: Is there one small, practical step you could take the next time you fast?

Tips for This Discussion

- **Create a safe space**—fasting can be personal, and experiences will differ widely.
- **Encourage honesty**; struggling with fasting does not mean someone lacks faith.
- Keep bringing the focus back to God's heart and grace, not spiritual achievement.
- **Allow people to share at their own depth; not every question needs a polished answer.**
- **Hold the conversation with hope**—fasting is an invitation, not a burden.