

1

Spiritual Disciplines

- Public Worship
- Private Worship
- _____
- _____
- Feasting
- _____
- Silence and Solitude

...there are others

2

James 4:5-10

5 Or do you think that the Scripture says in vain, "The Spirit who dwells in us yearns _____"? 6 But He gives more grace. Therefore He says: "God resists the proud, But gives _____."

7 Therefore _____ to God. _____ the devil and he will flee from you. 8 _____ and He will draw near to you. _____ your hands, you sinners; and _____ your hearts, you double-minded. 9 Lament and _____ and weep! Let your laughter be turned to mourning and your joy to gloom. 10 _____ in the sight of the Lord, and He will lift you up.

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Examples of Fasting

- Rich history of fasting - mentioned over _____
- _____ fasted – 40 days in wilderness (Matt 4:1-11)
- _____ fasted – 40 days receiving the Law (Ex 34:28)
- _____ fasted – 21 days (Dan 10:2-3)
- _____ fasted – 3 days for deliverance (Es 4:16)

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Examples of Fasting

- _____ fasted in repentance (Ps 69:10, 2 Sam 12:16)
- Jehoshaphat fasted for guidance (2 Chron 20:3-4)
- King of Nineveh called a national fast (Jonah 3:7-10)

Elijah, Ezra, Nehemiah, Anna, Cornelius. Paul,
Early Church

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What is Fasting?

To _____ and/or drink for a
predetermined amount of time for the sake of
focusing on your relationship with God



Hebrew Word = tsowm =

6

6

What is Fasting?

In the OT, Israel was commanded to fast one day a year, The Day of Atonement (Yom Kippur)

“ _____ ” = fasting

(Leviticus 16:29-30)

Other fast are _____

or

Prompted by a leader

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Types of Fast

1) Fast from _____ & _____

2) Fast from _____ and drink water

3) Fast from _____ and drink water and/or _____

• Duration: __, __, __, __, __ days

(but you can fast a meal or 2 – there is freedom)

If you have medical concerns, please consult your Doctor.

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Question

Can you fast from things other than food?

Ex: TV, Social Media, Activities, Sweets, etc

Since Spiritual Disciplines are a personal act of worship, there is a _____ for you to choose how you are going to do it.

Be _____ in your devotion to God

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Interesting Note

Our word

_____ comes from the idea of breaking the fast –

the first meal after a night of fasting

Reasons

- Fasting is about spiritual _____ to experience the nearness of God.
- Fasting is an act of _____ & _____ to God.
 - To draw _____ to God by intensifying your devotion for a period of time.
 - incorporate more prayer and Scripture time
 - _____ a living sacrifice
(Rom 12:1)

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Reasons

Jesus, Matthew 4:4

"It is written, 'Man shall not live by _____, but by every word that proceeds from the mouth of _____.'"

Jesus, John 4:32

But He said to them, "I have food to eat of which you do not know."

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Reasons

- Fasting can be part of an act of _____ before God.
- Fasting can be done during a time of _____.

(sometimes we see people fasting in “sackcloth & ashes”)

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Reasons

- Fasting is a way to _____ yourself before God.
 - You intentionally put _____ and _____.
 - Prayer & Fasting go together

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Reasons

- Fasting is a way to “_____”, take up your cross and follow Jesus closely.
 - Deny yourself your most _____.
 - A way to “_____” and strengthen your inner-man.
 - Idea of “_____” – bringing yourself under the leadership of The Spirit of God.
(May want to add Holy Communion)

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Reasons

- Help bring _____ God’s will for making a decision.
 - To _____ your spiritual ear to hear what the Spirit might share.
 - A way to cut out distractions & the flesh.

Acts 13:1-2*

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Acts 13:1-2

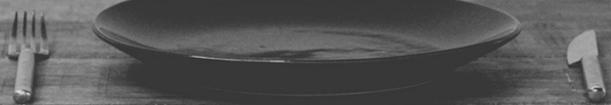
Now in the church that was at Antioch there were certain prophets and teachers: Barnabas, Simeon who was called Niger, Lucius of Cyrene, Manaen who had been brought up with Herod the tetrarch, and Saul. 2 As they _____ to the Lord and _____, the _____, "Now separate to Me Barnabas and Saul for the work to which I have called them."

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Reasons

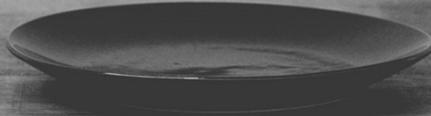
- _____ for going into something new
 - (Matthew 4 – Jesus fasted 40 days)
 - Consecrate and dedicate yourself
 - Preparing your heart to _____.
 - Jesus was physically hungry, but _____ He was stronger than ever.



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Reasons

- Need for more spiritual _____ in order to be effective in ministry.
 - (Jesus, Matthew 17:21 – ““However, this kind does not go out except by _____ and _____.”)
 - _____ to drive out unbelief



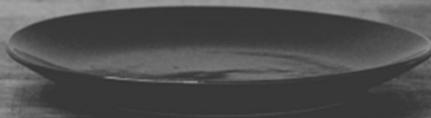
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Reasons

Help Build Up Your Spiritual Immune System

- Think of sin like a _____ looking for a weak spot
- Think of the various forms of sin that are trying to infect us and make us spiritually sick.
 - Our spiritual immune system has to be stronger
 - Fasting, when done properly, helps our spirit to strengthen by drawing us closer to God and helping us become more like Jesus.



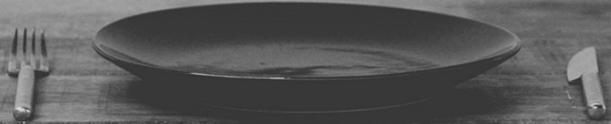
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Reasons

Isaiah 58:6-7

6 "Is this not the fast that I have chosen: To loose the bonds of wickedness, To undo the heavy burdens, To let the oppressed go free, And that you break every yoke?

7 Is it not to share your bread with the hungry, And that you bring to your house the poor who are cast out; When you see the naked, that you cover him, And not hide yourself from your own flesh?



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Warnings about Fasting

- Matt 6:16-21 – Jesus warns us about doing this the wrong way.
- Guard against legalism, pride and condemnation in these practices.
- Guard against the attitude of “earning points” with God

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