

Fasting: A Secret Source of Power

Fasting Explained

- Biblical fasting is refraining from food for a _____.
- Biblical fasting brings one into a _____, more _____ and _____ relationship with the Lord.
- Biblical fasting is not a way to _____ God but to make an _____ for God. (Matt 6:16-18) (*Fasting is truly a secret source of power.*)
- To fast is to overcome _____. (Gen 3:6; Ezek 16:9-50; Gen 25:34)
- Fasting brings _____. (Matt 6:16-18)

Fasting Examples

- Corporate Fasts

I Samuel 7:5-6 And Samuel said, Gather all Israel ... and they gathered...and fasted...

Ezra 8:21-23 "Then I proclaimed a fast ... So we fasted and besought our God..."

Nehemiah 9:1-3 " ... the children of Israel were assembled with fasting..."

- Personal Fasts

Jesus – Matt 4:1-2 "After fasting forty days and forty nights, he was hungry."

Daniel – Daniel 1:8 "But Daniel resolved not to defile himself with the royal food..."

Anna – Luke 2:36-37 " but served God with fasting and prayers night and day."

Principles for Fasting

1. Fasting strengthens your _____. (Neh 1:4; Dan 9:3)
2. Fasting helps us to seek _____. (Esther)
3. Fasting can be an expression of _____. (1 Sam 31:13)
4. Fasting to seek _____ or _____ (2 Chron 20:3-4,13)
5. Fasting is a expression of _____ and _____ to God. (Joel 2:12)
6. Fasting _____ a person before God. (Ps 35:13)
7. Fasting expresses a concern for the _____. (Neh 1:4)
8. Fasting to overcome temptation and dedicate yourself to God. (Mt 4:1-11)
9. Fasting is an expression of love and worship to God. (Luke 2:37)

Small Group Questions

1. Share how the first few days of the fast have been for you. Share about your prayer time and your fasting.
2. Have you experienced any of principles expressed in the lesson in your life?
3. Read Philippians 3:19, how does this relate to fasting?
4. What are you believing God for in this season of prayer and fasting?
5. Spend time praying for each other in groups of 2 or 3.