

FASTING

What is it? Emptying yourself so you are able to focus on Someone else (God). Jesus' example in the wilderness is that during His fast, He was filled with what He needed to combat the enemy He would face. Has there ever been an enemy in your life you could not defeat? The problem is not that the enemy is too strong; it may be we have not allowed God to strengthen us to defeat it. Fasting is between you and God as you intentionally set aside distractions.

¹⁶ "And when you fast, do not look gloomy like the hypocrites, for they disfigure their faces that their fasting may be seen by others. Truly, I say to you, they have received their reward. ¹⁷ But when you fast, anoint your head and wash your face, ¹⁸ that your fasting may not be seen by others but by your Father who is in secret. And your Father who sees in secret will reward you.

Matthew 6:16-18, ESV

How do I fast?

1. Do not make a _____ : do not tell everyone you are fasting.
2. Fast to be _____ : the point of going without is to focus more on God. In order to do this, you are doing without something else in your life. Although there are health benefits from fasting, the primary goal is to shift your attention away from your thoughts and more on His.
3. Start _____ : start with fasting for one meal a week and use that time to pray and read your Bible.
4. Find a _____ : the goal is to incorporate this discipline in increasing measures in your life. There will be times when you feel the Lord wants you to do a season of an extended fast (i.e. a week), but the goal is to have a weekly rhythm of this discipline in your life (i.e., fasting one day a week).