



## WEEK 5: ABIDING THROUGH FASTING

### THE BIBLICAL FOUNDATION OF ABIDING THROUGH FASTING

**THE EXAMPLE OF JESUS:** Luke 4:1-2 and John 4:31-34

**THE TEACHING OF JESUS:** Matthew 6:16-18; Matthew 9:14-15; and Matthew 5:6

### THE PRACTICAL PATHWAY OF ABIDING THROUGH FASTING

·Fasting is the spiritual practice of \_\_\_\_\_ yourself, for a time, of something you \_\_\_\_\_ or something you \_\_\_\_\_ for the purpose of \_\_\_\_\_ God.

#### TYPES OF FASTING IN THE BIBLE

1. \_\_\_\_\_ - Abstain from all food and drink except water (Matthew 4:2)
2. \_\_\_\_\_ - Abstain from a particular type of food (Daniel 10:3) – no sweets, no meats, no wine, etc.
3. \_\_\_\_\_ - Abstaining from all food and drink of any kind
4. \_\_\_\_\_ - Abstaining from all food and drink for extended times that exceed our human limits (Deuteronomy 9:9)
5. \_\_\_\_\_ - Abstaining from sex with your spouse, for a time, in order to seek God in prayer (1 Corinthians 7:5)

#### IDEAS FOR FASTING

We should approach fasting as a spiritual \_\_\_\_\_, rather than a restrictive \_\_\_\_\_ because when it comes to fasting, we have \_\_\_\_\_ and \_\_\_\_\_.

1. Have a \_\_\_\_\_ in mind for when you fast.
2. Fast during one \_\_\_\_\_ of the week or a particular meal.
3. Identify a food or drink that you \_\_\_\_\_ and fast from it.
4. Fast from something other than \_\_\_\_\_.
5. If you are new to fasting, start \_\_\_\_\_.