

# SPIRITUAL DISCIPLINES

## FASTING





# TO THE LORD

Acts 13:2-3

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- Spiritual fasting **is not** for the purpose of making us feel “more holy.”
- Spiritual fasting is not to force God to do something
- Fasting **is not** better for you the more intense you are.



# SPIRITUAL FASTING

David Guzik said,

“Our problem isn’t that we feast too much, our problem is that we fast too little.”



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# WHAT FASTING IS

**At it's core, fasting is food related.**

Biblical fasting consistently refers to the abstinence of food, or food and water, not anything else.



# OTHER FORMS

Other forms of fasting, though not what the Bible specifically refers to, may still be spiritually beneficial.



# OTHER FORMS

- From social media



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- From social media
- From a general comfort



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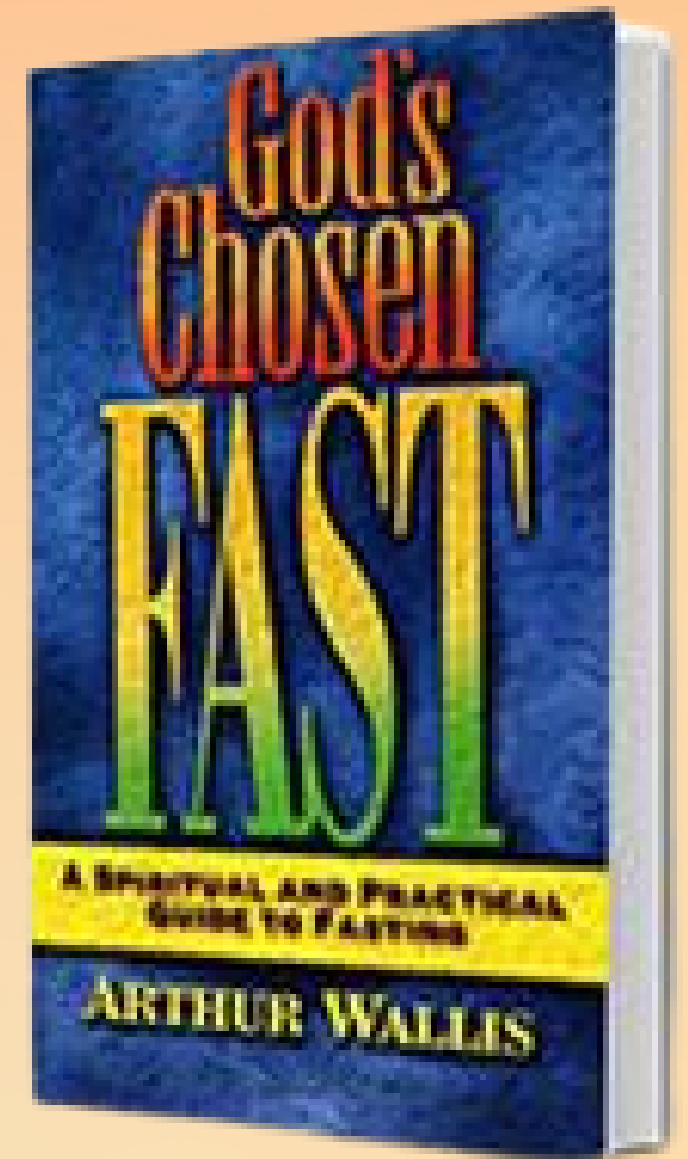
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- Regular fast
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- “Completed” fast





# DIFFERENT TYPES OF FAST

They are consistently...

“for a set amount of time”



# WHY FAST?

- It is assumed that we do it (Matt 6:16).



# WHEN YOU FAST

Matthew 6:16-18

Moreover, **when you fast**, do not be like the hypocrites, with a sad countenance. For they disfigure their faces that they may appear to men to be fasting. Assuredly, I say to you, they have their reward. But you, **when you fast**, anoint your head and wash your face, so that you do not appear to men to be fasting, but to your Father who is in the secret place; and **your Father who sees in secret will reward you openly.**



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# WHY FAST?

1 Corinthians 9:27

But I discipline my body and bring it into subjection, lest, when I have preached to others, I myself should become disqualified.



# WHY FAST?

Fasting is a way to affirm and practice the  
fact that our **bodily desires are not our  
master**



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- Grow in humility (Ps 35:13)



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## Practical Tips

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- It is not 100% prayer with every spare thought...
- If you workout or have a physical labor job, be cautious.
- Take potential health issues into consideration



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# A WORD OF CAUTION

Romans 8:1

“There is therefore now **no**  
**condemnation** for those who are in  
Christ Jesus.”



# A WORD OF CAUTION

“What about my past”

For those with a history of disordered eating, whatever you decide to do in this situation must be prayerful.



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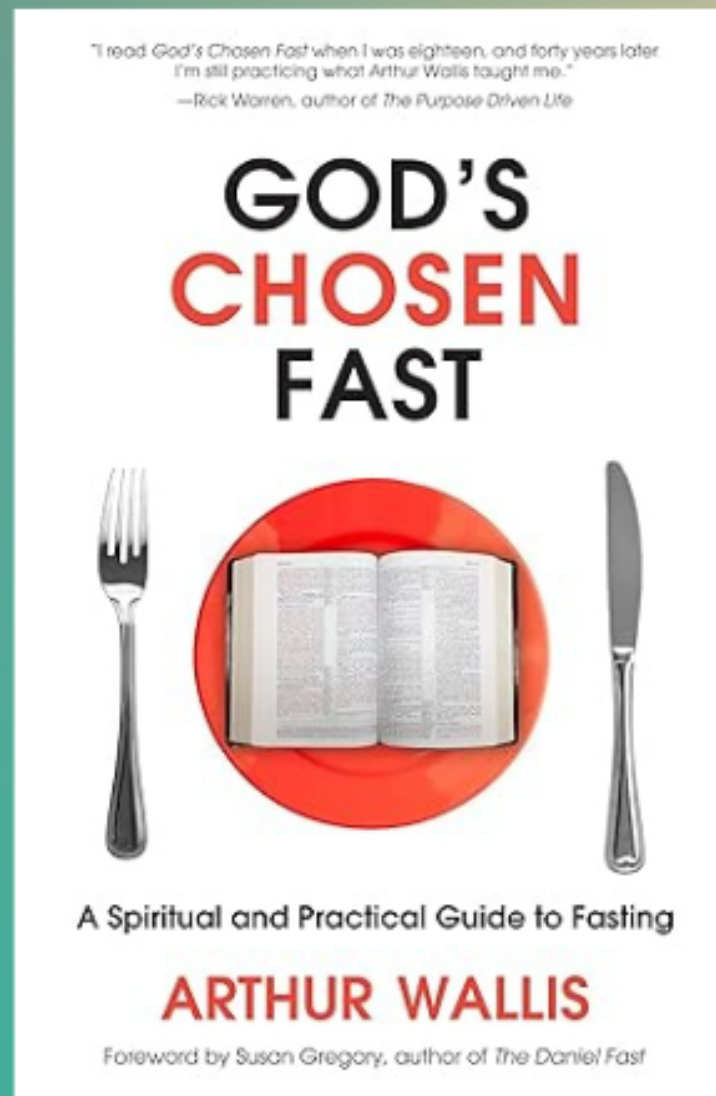
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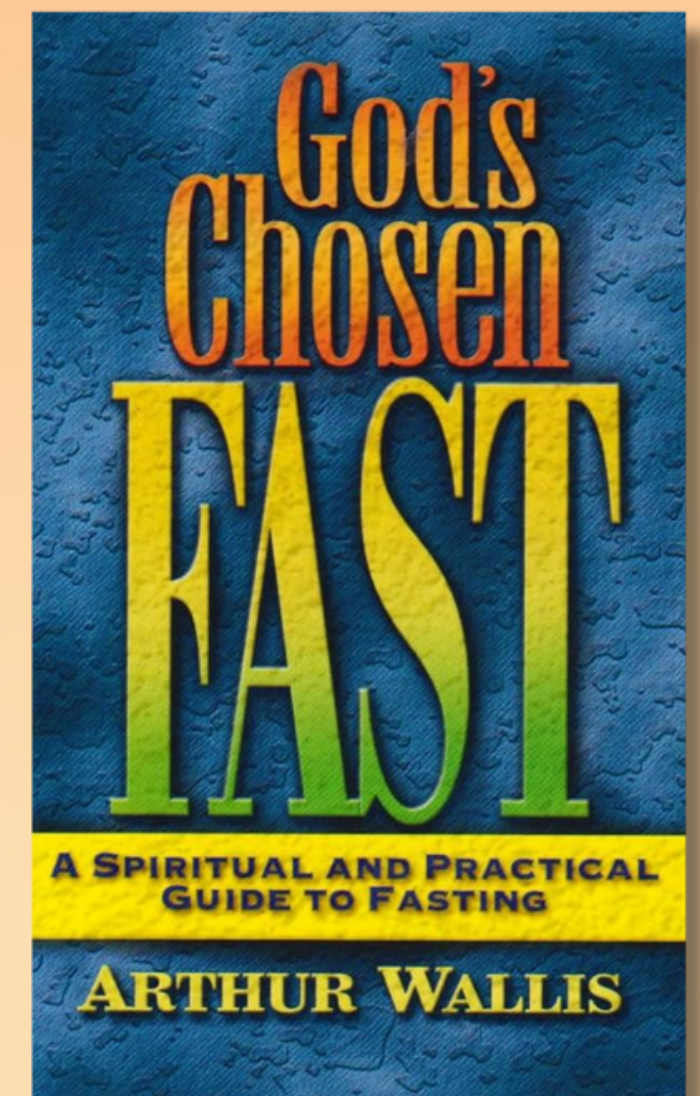


# BOOK RECOMMENDATION

If you want to learn more:



“God’s Chosen Fast”  
by Arthur Wallis.



Also this article by Nate Holdridge titled “Fasting for Beginners” [nateholdridge.com/blog/fasting-for-beginners](http://nateholdridge.com/blog/fasting-for-beginners)



# DISCUSSION Q'S

1. Have you ever fasted for spiritual reasons? What was the result?
2. What is the hardest part about fasting, or the biggest hindrance to you practicing this discipline? Do you think fasting is worth it?
3. Is there a...
  - a. decision in your life right now you're trying to make that you need special wisdom on?
  - b. nonbelieving family member or friend you want to pray for?
  - c. desire in your heart to grow closer to the Lord?
4. How could fasting help with the situation you answered about in Q.3? How might you go about doing it? (Be specific)



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