

Fasting: The Delightful Discipline

Fasting is Biblical. The word fast is derived from the Hebrew term *tsom* which refers to the practice of self-denial. The NT using the Greek word *nesteia* for the fast, also refers to self-denial. For the message today, I want to talk about fasting, and I hope when we're done, we'll understand fasting and the benefits to doing this for 40 days as a church.

1. Why fast?

There are 4 reasons for fasting and praying together that we find in the Bible.

1) ***Fast & pray when facing a national or corporate c_____.***

2) ***Fast & pray for individual n_____ & to strengthen your f_____.***

• Fasting disciplines the b_____ and makes it a useful instrument for God to use. Fasting is a form of discipline because when you fast, you are going without the t_____ of this e_____. Instead of focusing on the things of this earth, you are focusing on God, and you're putting yourself in a p_____ to allow God to meet those needs.

3) ***Fast & pray during periods of d_____.***

4) ***Fast & pray when facing s_____ d_____.***

2. Kinds of Fasts.

1) ***The r_____ fast.***

2) ***The f_____ fast.***

3) ***The p_____ (Daniel) fast.***

• If you're going to do the Daniel fast, h_____ food is the key. The whole point of the discipline is to try to eat healthy and be healthy, both p_____ and s_____.

3. What do you do when you are fasting from food or activities?

1) ***P_____.***

• Praying isn't about talking constantly, it's also being s_____, being quiet, and l_____ for God.

• When you are praying, it's also important that you spend time r_____ of sins and asking for forgiveness. As we repent, God will s_____ you when you are willing to admit that you are not all you can be for him.

2) ***F_____ on God.***

4 Breaking (Ending) the fast.

1) ***You can break a fast with a h_____ m_____.***

2) ***Engaging in C_____ s_____.***