

Reading: Matthew 6:16-18

Topic: Fasting – Part 2

INTRODUCTION: After learning what _____ is, in this lesson, we shall study some of the scriptural and physical guidelines concerning _____ to the Lord.

I. HOW TO FAST:

A. Regularly:

1. The Pharisees fasted _____ a week, and Jesus did not condemn them for that, only He condemned their attitude about _____. Lk. 18:11,12
2. The Apostle Paul said that he fasted _____ or regularly. 2 Cor. 11:27
3. Choose a _____ or _____ to fast each week and discipline yourself to _____ it. If you leave fasting only for the times when you _____ to do it, it will not get done very often.

B. Special Times:

1. There will be times when God will _____ you personally on an extended _____ for your own personal spiritual _____ and direction. Dan. 10:2,3
2. During these times, God will attempt to _____ you into new _____ depths. Dan.10:8-12

C. Collective Times:

1. When the Church is called upon to fast collectively, everyone _____ participate, if not completely, then on a partial basis to _____ spiritual warfare. 2 Cor. 10:3,4
2. Collective fasting with _____ also brings collective _____ upon the whole local Body of Christ and collective _____ in spiritual battles. 2 Chron. 20:3

II. PHYSICAL ASPECTS OF FASTING:

A. Physical Problems:

1. If a physical or medical condition in your _____ keeps you from normal fasting, then you may do _____ fasting – doing something is better than nothing.
2. It is not recommended that a _____ fast during a pregnancy or during her monthly period if she has _____ difficulties at that time of the month.
3. For New Believers – it is best to begin _____ slowly – that is begin with _____ day, not start out with a seven day fast on the first attempt to fast.
4. When ending a fast, use _____ so that you will not become ill, especially after a _____ fast. Break the fast by eating lightly.
5. If you desire to, or feel led to do a _____ fast, it is best to do so while you are _____ for as you get older, the body has less stamina and it gets very difficult to do a _____ fast.
6. It is a good idea to consult with a spiritual leader or a _____ if you feel led to do a long fast so that you will have someone to _____ for you and to encourage you as you proceed.

B. Physical Benefits:

1. Medical doctors claim that fasting is _____ for the body and gives the body an opportunity to rest and to _____ itself of _____.
2. It has been documented that fasting also slows down the _____ process of the body.

III. THINGS TO AVOID:

A. Spiritual Pride:

1. If the devil cannot get you to backslide, then he will try to _____ you through a spiritual kind of pride and make you feel superior or more _____ than others because you have fasted.
2. This attitude of feeling that you are _____ than others is the same attitude that Jesus had to condemn in the Pharisees, and it will end up _____ the purpose of the fast. Mt.23:23

B. Bargaining:

1. We must remember that fasting is not a hunger _____ to try and get concessions from God in some matter going on in our _____.
2. You cannot _____ God off by fasting even though prayer and _____ does move the hand of God, but it will not go beyond His sovereign will.

CONCLUSION: We must take this part of God's work seriously, and just as _____ is a part of our spiritual life, so _____ should be also, whether normal or partial.