

Fasting

- In the New Covenant, fasting is always _____.
- Fasting is often described in the OT as _____ one's soul.
- **Matthew 6:16-18**
- **Luke 5:33-39**
 - Fasting fell victim to the Pharisee's flawed _____.
- **Acts 13:1-3, 14:23**
- Fasting will help us _____ and shed our - _____.
- Definition of a regular fast: *abstaining from food and drink, except for water, for a time in order to seek God.*

Practice:

- Right before every fast, you need a meal of _____.
- Start with a once a week, one day, partial fast—skipping dinner and breakfast, but _____.
- Move on to _____.
- After a few weeks, move to two fasts per week.
- Finally, upgrade to _____.
- Extended fasts can be done with proper understanding of _____, and only if a specific calling is heard from God
- Use the time you're saving not eating to _____ and contemplate what the _____ you through the fast

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For DEEPER Study, This Week Read:

Sunday: The example of Christ: Luke 4:1–13.

Monday: God’s chosen fast: Isaiah 58:1–7.

Tuesday: A partial fast: Daniel 10:1–14.

Wednesday: A normal fast: Nehemiah 1:4–11.

Thursday: An absolute fast: Esther 4:12–17.

Friday: The inauguration of the gentile mission; Acts 13: 1–3.

Saturday: The appointment of elders: Acts 14:19–23.

Additionally, for those so inclined:

- Do a partial fast one day this week—skip dinner and the following breakfast, but drink fruit juice as needed along with plenty of water.
- Continue to consciously and purposefully practice intercessory prayer daily.
- Practice some form of meditation at least twice this week.

Additional Notes: _____

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