

How God Transforms Us

Fasting: The Forgotten Spiritual Practice
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Definition of Fasting

- “Fasting is a temporary renunciation of _____, in order to intensify our expression of need for something _____ – namely, _____ and His work in our lives.” (John Piper)

Who’s Who of Fasting in the Bible?

- _____, the Law-Giver
- _____, the King
- _____, the Prophet
- _____, the Seer
- _____, the Queen
- _____, the Baptizer
- _____, the Son of God
- The Early _____

Jesus’ Forty Day Fast (Matthew 4:1-11)

- Depletes him _____, but prepares him _____. It becomes His preparation for Satan’s temptation.

Jesus’ Assumption about Fasting (Matthew 6:16-18)

- “_____ you fast...” (v16a)

The Time for Fasting (Matthew 9:14-15)

- Jesus answered, “How can the guests of the bridegroom mourn while he is with them? The time will come when the bridegroom will be taken from them; _____ they _____ fast.” (v15)

Fasting → Kingdom Breakthrough (Acts 13:1-3)

- While they were worshipping the Lord and _____, the Holy Spirit said, “Set apart for me Barnabas and Saul for the work to which I have called them.” So after they had _____ and prayed, they placed their hands on them and sent them off. (v2-3)

Ways We Glorify God with our Food

1. We can _____ *on* food with _____ to God for the good gift it is.
2. We can _____ *from* food – as a way of expressing our deeper _____ for God.

Next Steps

- 1) Start _____ and _____
- 2) Decide on a _____
- 3) _____ on God _____ your skipped meal
- 4) Ask God to grow your _____ for _____