



## EPISODE 4

### ANSWER KEY

#### Fallacy #1

##### Legalism Around Fasting

You do not need to fast to be **obedient** to or **blessed** by God, skipping fasting when God says so could be **detrimental** to where and how God wants to bless you.

Here are the facts. God **prescribes** things that will often be very difficult.

Part of this fallacy is that God will **never** lead us into uncomfortable spaces. That's just completely **untrue**.

#### Fallacy #2

##### Perfectionism in Fasting

There is nothing in all of the Christian walk that is about **perfection**.

Fasting is **not** about **not eating**. This is not about a test of your **will** and your **endurance**. This is about **consecrated worship** unto the Lord.

**Perfection** is not success! **Success** is getting to where God determines you will be. God will never **bless** what he has never **declared**! Jesus is your **success**!

#### Fallacy #3

##### Secrecy in Fasting

The word **secret** is the Greek word Kryptos, meaning **hidden**.

Romans **2:29** No, a person is a Jew who is one inwardly; and circumcision is circumcision of the heart, by the Spirit, not by the written code. Such a person's praise is not from other people, but from God.



1 Peter **3:4** Rather, it should be that of your inner self, the unfading beauty of a gentle and quiet spirit, which is of great worth in God's sight.

Kryptos is this idea of what is going on **internally**.

Just as Paul is not saying hide being a **Jew**, and Peter is not saying hide your **beauty**, Jesus is not saying to hide your **fast**.

Jesus is saying to us, this is not about anything **external!**

A **community** fasting around you and for you helps to ground you keeping the main thing, the main thing.

#### **Fallacy #4**

##### **Manipulation in Fasting**

Fasting is not about getting what **you and I** want from God.

Sometimes, what we **expect** when fasting doesn't happen, and we miss **the reward** he is giving during the fast.

#### **Fallacy #5**

##### **Going Back to Normal After a Fast**

One of the things that I don't see taught in the scriptures is how to **end** a fast well.

The whole point of **running the race** is to get to the **goal**, to get to the **finish line**.

Articles from [Healthline.com](https://www.healthline.com), [Marathonhandbook.com](https://www.marathonhandbook.com) and [Medical News Today](https://www.medicalnewstoday.com) discussing the best foods to **break** a fast.

For those of you who are not fasting food, break your fast with your **journal or notes** in hand.

We need to plan the **end** of our fast just as we planned **how** we'd fast.