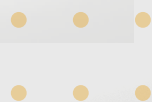




The

LOST ART

OF FASTING





The Lost Art of Fasting

EPISODE 1

THE “WHY” OF FASTING

Question: Why would a God that claims to love you deny you things like pie, burgers, pizza, steak?

Studies show that fasting helps to regulate blood pressure and cholesterol levels. It is helpful to many cancer patients who require chemotherapy to boost the chemo's effectiveness.

Why spiritual fasts? God knows that what you and I might _____ in the _____ will enable you in the _____.

“He who has a _____ to live can bear almost any _____.”
~ Fredrick Nietzsche

You and I need to have a strong, firm understanding of _____ we should fast before we ever get to the practice of _____ to fast.

#1 reason why people do not have successful fasts is because your why is _____!

I. _____ yourself

Read Matt 4, Daniel 1:8-14, 1 Cor 7:5, 1 Cor 9:27, John 6:51

How does one prepare to deal with the enemy? _____ yourself to the Lord through a season of fasting.



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Fasting sets us up to be _____ or made _____ to the Lord, so we are able to resist the enemy and glorify God.

2.To _____ from God

Read Exodus 34:28, Acts 13:2

To get a _____ from God that might _____ a nation and generation, it might be good to fast.

3. _____ with God

If you need to _____, you should fast.

4.To walk In _____ -

Read Joel 2:12-13, Jonah 3:7-10

Both prophets call for a people to “_____” or to “_____” by fasting.

5.To _____ -

There are multiple instances in the scriptures. Go back and read Joel 2 and Nehemiah 1, where you see fasting as a response to great _____.



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6. Gain the _____ .

In Acts 14, Paul and Barabas didn't _____ on their _____, they decided to consecrate themselves through _____ before releasing a leader to govern the Body of Christ.

7. The _____ to _____ God's Word

Sometimes, you need a bit of a boost to _____ over someone. It's also likely that the fasting was for the people of Judah to _____ of the Lord.

8. To _____ from God

In Acts 13, the church in Antioch is worshipping, _____ when the leaders hear the Word of the Lord to commit Paul and Barnabas to the work that God sets them out to do.

9. For _____ .

It's a normal custom in those days to fast while mourning and a child dying. But David says in v.22 & 23- Who knows whether the Lord would be _____ to me and allow the child to live? But since the child is dead, why fast? I can't bring him back again. The hope of David was to appeal to the _____ of God and believe that the Lord might be _____ to him.



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10. To _____ to Prayer

In the Message Bible, it says that Daniel is praying and fasting
“_____.”

Fasting does not _____ God, it _____ us.

Regardless of whether we fast or not, we should _____ God to _____.

Fasting is about _____ ourselves before God, and God honors _____.

You will likely have a _____, _____ fast if your why is more
about an _____ than _____.