



EPISODE 3

ANSWER KEY

Fasting is a **fight**! It's a **battle**! Our **fighting** is in vain if it's not a fight for something God has **promised** us!

If you want a surefire way to experience the **blessing** of God, lean into the **promises** of God!

The first benefit or blessing of fasting is there is a **rewarding** response to fasting.

Colossians 3:24 says we can receive an **inheritance** from the Lord as a reward.

Galatians 6:9 - Do not become weary in well doing, in due season, we will **reap a harvest** if we don't give up!

Matthew 25:21 - You've been **faithful** over a few things, I'll put you in charge of more. Come share in the master's happiness.

James 1:12 - Blessed is the one who **perseveres under trial**, having stood the test, that person will what? Receive the crown of life!

Jesus' attitude toward you and I is fueled out of a **passion** for you and me.

Social theory called [Self-Expansion Opportunity](#). [Research](#) connected to this theory states that people are more likely to see opportunity for their **own** development and growth when interacting with someone **similar** to them.

Another theory called [Social Identity Theory](#). This states that a persons **sense of self** is connected to the groups they belong to.

Social Identity is affected in 4 areas - **Belonging, Purpose, Self-Worth**, and of course, **Identity**.



Four significant things - Luke 4. Jesus was full of the **Spirit**, he was **tempted** by the devil, Jesus **resisted** the temptation using the power of the **Word**, and he didn't **eat** anything the entire time.

The final blessing of fast is **supernatural authority**.

Science tells us that a person can die without food in between **35-70** days. Jesus had no water in the wilderness that we know of. Yet, the Lord supernaturally sustained him. God is able to do what science is **unable** to explain, and we can experience that through a fast.