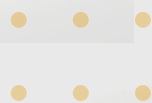




The

LOST ART

OF FASTING





The Lost Art of Fasting

EPISODE 4

COMMON FASTING FALLACIES

Fallacy #1

Legalism Around Fasting

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

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

Part of this fallacy is that God will _____ lead us into uncomfortable spaces. That's just completely _____ .

Fallacy #2

Perfectionism in Fasting

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

Fasting is ___ about _____. This is not about a test of your ___ and your _____. This is about _____ unto the Lord.

_____ is not success! _____ is getting to where God determines you will be. God will never _____ what he has never _____ ! Jesus is your _____ !



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Fallacy #3

Secrecy in Fasting

The word _____ is the Greek word Kryptos, meaning _____ .

Romans _____ : 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 _____ : 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 _____ .

Just as Paul is not saying hide being a _____ , and Peter is not saying hide your _____ , Jesus is not saying to hide your _____ .

Jesus is saying to us, this is not about anything _____ !

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



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Fallacy #4

Manipulation in Fasting

Fasting is not about getting what _____ want from God.

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

Fallacy #5

Going Back to Normal after a Fast

One of the things not taught in the scriptures is how to _____ a fast well.

The whole point of _____ is to get to the _____, to get to the _____.

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

For those of you who are not fasting, break your fast with your _____ in hand.

We need to plan the _____ of our fast just as we planned _____ we'd fast.