



## EPISODE 1

### ANSWER KEY

Why spiritual fasts? God knows that what you and I might **sacrifice** in the **short term** will enable you in the **long term**.

“He who has a **why** to live can bear almost any **how**.”

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

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

(1) **Consecrate** 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? **Consecrate** yourself to the Lord through a season of fasting.

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

(2) To **get a Word** from God

Read Exodus 34:28, Acts 13:2

To get a **clear word** from God that might **change** a nation and generation, it might be good to fast.

(3) **Grow in Confidence** with God

If you need to **grow**, you should fast.

(4) To walk in **repentance**

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



Both prophets call a people to “**return to the Lord**” or to “**turn away from evil**” by fasting.

(5) To **mourn**

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 **mourning**.

(6) Gain the **Wisdom of God**

Paul and Barabas didn't **rely** on their **own wisdom**, they decided to consecrate themselves through **fasting** before releasing a leader to govern the Body of Christ.

(7) The **Boldness** to **Declare** God's Word

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

(8) To **accept an assignment** from God

In Acts 13, the church in Antioch is worshipping, *praying, and fasting* 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 **Compassion and Grace**

It's a normal custom to fast while mourning and a child dying is a time to certainly still mourn. But David says in v.22 & 23- Who knows whether the Lord would be **gracious** 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 **compassionate heart** of God and believe that the Lord might be **gracious** to him.



(10) To Hear an Answer to Prayer

In the Message Bible, it says that Daniel is praying and fasting “asking for an answer.”

Fasting does not move God, it moves us.

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

Fasting is about humbling ourselves before God, and God honors humility.

You will likely have a difficult, unsuccessful fast if your why is more about an outcome than obedience.