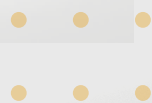




The

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.



The Lost Art of Fasting

EPISODE 1

THE “WHY” OF FASTING

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 _____.



The Lost Art of Fasting

EPISODE 1

THE “WHY” OF FASTING

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.



The Lost Art of Fasting

EPISODE 1

THE “WHY” OF FASTING

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 _____.



The Lost Art of Fasting

EPISODE 2

HOW TO DO A SPIRITUAL FAST

Fasting is not about _____, it's about _____.

“The leading cause of failure is _____. The leading cause of success is well-_____.”

~ Dr. Mark Batterson

The fasts we see in scripture are from _____.

Step 1: Start with your _____ and _____.

The simplest way to say, “Speak, Lord, your servant is listening,” is to _____.

If you don't already have a “why,” go back to the _____ that intrigued you. Go to the _____ you heard that moved you. Lean into a _____ of the Bible that you identify with. Partner with a _____ who is really challenged in the Word by something. Lean into the scriptures that your _____ is aligning the fast on. Research a _____ you are going through in life, and find the scripture that responds to that _____.

Open your Bible with an _____ and a _____ that God is going to do something powerful.



The Lost Art of Fasting

EPISODE 2

HOW TO DO A SPIRITUAL FAST

Step 2: Get a _____ - Develop a _____ .

You must have a _____ for your fast.

“All you have to do is win more _____ than you did
and repeat the whole thing _____ .”

~ Jon Acuff, Author of Finish

“Working hard for something we don’t care about is called _____.
Working hard for something we love is called _____ .”

~ Simon Sinek, Author of Start With Why

Step 3: Get a _____ - Rally _____ around you

Fasting is not meant to be always a _____ that no one
knows about. Fasting is an opportunity to _____ people together in
_____ .

Generally, when I fast, I always involve _____ . Remember
Esther? She said, “Fast ye _____ .”



The Lost Art of Fasting

EPISODE 2

HOW TO DO A SPIRITUAL FAST

Step 4: Do _____

You can _____ in your fast if you are _____ before you start the fast. You can quickly _____ your fast if you don't do the necessary _____ ahead of time to prepare yourself to fast.

Step 5: Start _____

Just like anything in our faith journey, fasting is something we must _____ .

Step 6: Work _____

When you fast, you are removing something from your life that is _____ in some way. If it's not, it's not _____ fasting from.

Step 7: _____ and _____

You must give your _____ and _____ an opportunity to _____ . Discover how you can _____ on what you've _____ and _____ .



The Lost Art of Fasting

EPISODE 3

THE BLESSING OF SPIRITUAL FASTING

Fasting is a _____! It's a _____! Our _____ is in vain if it's not a fight for something God has _____ us!

If you want a surefire way to experience the _____ of God, lean into the _____ of God!

The first benefit or blessing of fasting is to fast in _____ .

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

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

Matthew 25:21 - You've been _____ 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 _____ , having stood the test, that person will receive the crown of life.

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



The Lost Art of Fasting

EPISODE 3

THE BLESSING OF SPIRITUAL FASTING

Social theory called [Self-Expansion Opportunity](#).

[Research](#) connected to this theory states that people are more likely to see opportunity for their _____ development and growth when interacting with someone _____ to them.

Another theory called [Social Identity Theory](#).

This states that a persons _____ is connected to the groups they belong to.

Social Identity is affected in 4 areas - _____ , _____ , _____ , and of course, _____ .

Four significant things - Luke 4. Jesus was full of the _____ , he was _____ by the devil, Jesus _____ the temptation using the power of the _____ , and he didn't _____ anything the entire time.

Final blessing of fast is _____ .

Science tells us that a person can die without food in between 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 _____ to explain, and we can experience that through a fast.



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 _____ !



The Lost Art of Fasting

EPISODE 4

COMMON FASTING FALLACIES

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.



The Lost Art of Fasting

EPISODE 4

COMMON FASTING FALLACIES

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.



The Lost Art of Fasting

EPISODE 5

PRAYER AND FASTING – DEVELOPING A PLAN TO THRIVE

To shift from just _____ to overwhelming _____, you must think about what you are _____ through fasting.

Items you'll need to develop your plan are as follows:

- Your _____
- Your _____
- Your _____
- Your _____

Your why will drive you towards _____, to _____ your Word more _____, to _____ on the people that have to support you during your fast, and most importantly, to call on who is able to do immeasurably more than you can ask or think!

Ten Focuses of Fasting

(1) Focus on how to _____
Your mind needs to be fixed with a _____ on starting off well.

(2) Focus on what to _____
According to your why, do pre-work on what scriptures support your why, what biblical characters have navigated certain circumstances, and what key words can you be focused on during the fast that you can study in scripture to provide revelation.



The Lost Art of Fasting

EPISODE 5

PRAYER AND FASTING – DEVELOPING A PLAN TO THRIVE

(3) Focus on how to _____

- The major things you should be praying for are:
 - The _____
 - His _____ and _____
 - _____
 - Who to be a _____ to
 - The power to _____ challenges _____ and the fast

(4) Focus on his _____

You will hear from the Lord during this fast. _____ it. _____ on it.

(5) Focus on how you will replace your _____

Focus on how you are _____ the moments you _____ to maximize what you are _____ .

(6) How to _____ when you get _____

You will get _____. You will get _____. So _____ for it. Start with this statement in your pre-work: “When I get off track, I will _____ .”

(7) Focus on the _____

a. Focus on the _____ to get to the goal

b. Focus on what it will take to _____ each _____

(8) Focus on _____

You’ll see the _____ , yourself, your _____ , a person, a bible _____ or _____ , or even _____ a little differently.

God will reveal a _____ , a _____ , a perspective, a _____ , a character _____ , and a host of other things.



The Lost Art of Fasting

EPISODE 5

PRAYER AND FASTING – DEVELOPING A PLAN TO THRIVE

(9) Focus on _____

Fasting is not about _____, it's about _____

(10) Focus on _____

Never allow _____ to determine your _____.

In your pre-work, it might be important to start asking the Lord
“What do _____ for me to focus on?”

Sample Fasting Plan

You don't want your fast to go as _____, you want your fast to go as _____.

Sometimes, seasons _____ and _____ without our _____ prior to. We need to always have the _____ we are fasting rise above the _____ of our fast.

Your fast is over once the _____ of the fast has been _____.

Finishing a fast well is about _____ your next steps _____ the fasting time.

Fasting with authority isn't getting _____ your fast, it's getting _____ your _____!

We need to plan for a mindset of _____, a mindset of _____, a mindset of a _____, and a mindset of _____!