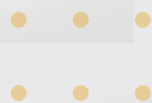




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# LOST ART

OF FASTING





# 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.



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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.