

INTRODUCTION

- * Last week we began a two-part consideration on the spiritual discipline of fasting. We are considering this topic in preparation for our week of prayer and fasting (this week), and as an extension of the teaching on Spiritual Warfare which we will have from 2 Corinthians 10:1-7, Lord willing, next week.
- * As we saw last week, fasting, in its proper form, is when you abstain from food and/or drink for a period of time. That concept has been extrapolated to other realms as well (especially during the season of "Lent".) Fasting was seen in the Old Testament to be an "affliction of the soul." However, this temporal affliction of our physical body is for a great spiritual purpose.
- * Last week we consider the call to fasting. Today, we want to consider the "Heart of Fasting." What does God consider to be a "Proper Fast?"

INSTRUCTION ... We will consider two motivations ...**I. W_____ – IT IS A PRACTICE FOCUSED ON S_____****A. P_____**

1. THE T_____ OF JESUS (cf. Matthew 6:16-18)
2. THE P_____ OF JESUS (cf. Luke 18:9-14)

B. I_____

1. THE TESTIMONY OF P_____ (cf. Romans 10:1-4)
2. THE TESTIMONY OF Y_____ (cf. Isaiah 58)

II. R_____ – IT IS A PRACTICE FOCUSED ON G_____**A. To Show R_____**

1. EVIDENCED IN THE R_____ OF THE NINEVITES (cf. Jonah 3:5-10)
2. EVIDENCED IN THE P_____ OF THE LORD (cf. Joel 2:12-17)
3. EVIDENCED IN THE R_____ OF THE KING (cf. 2 Samuel 12:15-23)

B. To Show D_____

1. THE TESTIMONY OF E_____ (cf. Ezra 8:21-23)
2. THE TESTIMONY OF J_____ (cf. 2 Chronicles 20:1-24)

2 Chronicles 7:14

If My people who are called by My name will humble themselves, and pray and seek My face, and turn from their wicked ways, then I will hear from heaven, and will forgive their sin and heal their land.

INTROSPECTION

- * How earnest are you in your walk with Christ?
- * Do you truly desire to know Him and serve Him? Or, would He state that you are playing "religion"?
- * Do you need to come back to the "Heart" of Worship? Where it is all about God and not about self?
- * Is there a need to change the way you think ... and therefore act?

INTERACTION ... Thoughts & Questions to ponder for later discussion

It may be helpful to re-read the passage before the discussion.

- * How do we draw the balance between church-related functions (e.g. prayer meetings, week of prayer) and our personal walk?
- * As a result of the consideration of fasting in the Scriptures, what would say in the place of "Fasting" in the life of the New Testament believer, and in the life of the New Testament church?