

GOD in GOD

— we trust —

A Biblical Approach to Fasting and Prayer

January 8, 2017

Selected Texts

Fasting is a temporary _____ of something that is in itself good, like food, in order to _____ our expression of need for something greater; namely, _____ in our lives.

1. The Practice of Fasting in the Old Testament.

- ⇒ _____ prayer. 2 Sam 12:14-21
- ⇒ Concern for the _____. Ne. 1:1-4
- ⇒ Expressing _____. 2 Sam 1:11-12
- ⇒ Seeking _____ & _____. Es. 4:16
- ⇒ Expressing _____ & _____ to God. Ne. 9:1-2

2. Jesus' Perspective on Fasting

- ⇒ Is an act of _____ to God. Mt. 4:1-11
- ⇒ Expects that his followers _____ Mt. 6:16-17
- ⇒ Must be done with _____ Mt. 6:1-18
- ⇒ Enables a closer _____ with Jesus Lk 5:33-39

3. The Practice of Fasting in the Church

- ⇒ As a part of _____ Acts 13:1-2
- ⇒ _____ for world-changing ministry. Acts 14:23

What makes fasting _____ is its ability, with the help of the _____, to focus our feelings and _____ them to God in prayer.

What should my response be?

- 1. Pray and seek God's direction. Fasting is in response to God tugging at our hearts.**
- 2. Reasons God may lead you into a time of fasting.**
 - a) Grief
 - b) Major health battle
 - c) Besetting sin
 - d) Oikos relationships
 - e) Difficult family relationship
 - f) Major life decision
 - g) In response to a call from leadership of the church
- 3. If God does not lead you to fast, don't.**
- 4. At the least, commit to participate in 21 days of focused prayer**

TIP Sheet (Take It Personal)

Use the below questions to aid you in making personal application of your study in the Word.

1. Why was Nehemiah fasting? (Nehemiah 1:1-4) What emotions was he experiencing during this time?

2. What was King David's response when his infant son became deathly ill? (2 Samuel 12:14-21)

3. How did God answer David's request?

What did David do in response to God's answer?

How should you apply this to the way God answers your prayers?

4. What do you take away from Jesus' teaching on prayer and fasting in Matthew 6:1-18?

What assumption did Jesus make?

5. What were the reasons for fasting in the below verses?

Ezra 8:23

2 Samuel 1:11-12

Esther 4:16

6. What is God saying to you concerning your participation in the 21 days of Fasting and Prayer at Grace Church?

Commitment to Fast and Pray

As a way of bringing focus to your time of fasting and praying, answer the following questions:

My Goal: (I am asking God to)

My Fast: (What I will withhold)

My Prayer: (When I will pray)

My Vow: God being my strength, and grace being my basis, I commit myself to this period of fasting so that God will answer my prayer and give the thing for which I trust Him. Not my will, Oh God, but Yours be done.