

## **Fasting and Praying to Know & See Christ (Part 2)**

Fasting is refraining from something for a spiritual reason.

Fasting helps keep us sensitive & dependent upon His Spirit & leading.

Fasting is a way of continually refreshing our spiritual life and strength.

### **I. There is a danger of our “belly” reigning over us**

Genesis 2:8            Page #2

Genesis 25:27        Page #25

Numbers 11:1        Page #152

Deuteronomy 6:10    Page #192

Ezekiel 16:48        Page #840

John 10:10           Page #1072

Philippians 3:17    Page #1177

Improper use of food is excessive loyalty to one's own fleshly cravings that eventually dulls our spiritual cravings.

### **II. Reasons we misuse food & why fasting is essential**

1. Comfort
2. Social Lubricant
3. Reward
4. Busyness
5. Pain/disappointment

A God honoring meal plan should contain all the needed health nutrition in the right quantities.

Food is primarily “nutrition to do God's will”.

1 Corinthians 6:12    Page #1144

Questions for this week:

### **I. For Starters:**

1. How might a regular or weekly fast assist you in your spiritual walk?
2. What place does food have in your life?
3. Do you view food as "*nutrition to do God's will*"?

### **II. Overview of Scripture**

**Read the following Scriptures and write out what you learn about self discipline, putting to death fleshly desires and fasting. (Read to get the context of each Scripture as needed)**

Mathew 16:24

Mathew 26:41

Romans 6:19

1 Corinthians 6:12-20

1 Corinthians 9:26-27

1 Corinthians 10:31

Galatians 5:16-25

Philippians 2:12-13

Colossians 1:9-14 (especially vs. 10)

Hebrews 11:6

### **III. Review Sunday's message with someone**

### **IV. Review the statements below and discuss:**

- *To get the deeper things of God we must forego the temporary and instant satisfaction that is offered to us by food and the world's delights.*
- *We often use food to alter our moods.*
- How might the truth of Genesis 15:1 influence our view of food?
- What is God showing you about your life, food choices & spiritual growth?

## **FASTING**

Choose one of the following types of fasting that you would commit to participate.

\_\_\_\_\_1. **One meal of fasting per week.**

- \_\_\_\_\_ 2. **One day a week of fasting from food.**
- \_\_\_\_\_ 3. **One day of fasting from food per month**
- \_\_\_\_\_ 4. **One meal of fasting each day for one month.**
- \_\_\_\_\_ 5. **The “Daniel” fast**- refrain from certain foods or items (sweets, meats, caffeine, TV, computer, cell phone etc.) for a day or more.

**The purpose of our fast is:**

- 1. Personally grow in our relationship with God.
- 2. Corporately pray for guidance/empowerment for MCC.
- 3. See God work powerfully in & through us for salvation.

*“When you fast, do not look somber as the hypocrites do, for they disfigure their faces to show men they are fasting. I tell you the truth; they have received their reward in full. But when you fast put oil on your head and wash your face, so that it will not be obvious to men that you are fasting, but only to your Father, who is unseen; and your Father, who sees what is done in secret, will reward you.” Matthew 6:16-18*

**\*Please consider consulting a doctor before you fast for more than one meal a day or if you have specific health questions.**