

Oasis Sunday School Class

HABITS OF GRACE LESSON 9 MARCH 15, 2026

- GRACE SAVES US
GRACE SUSTAINS US
GRACE STRENGTHENS US TO LIVE THE CHRISTIAN LIFE
- GRACE IS GOD GIVING US WHAT WE DO NOT DESERVE—
HIS FORGIVENESS, HIS PRESENCE
AND THE POWER TO LIVE WHAT WE COULD NEVER LIVE ON OUR OWN
- GRACE IS NOT ONLY GOD'S PARDON FOR OUR PAST
BUT GOD'S POWER FOR OUR PRESENT
- GRACE IS OUR LIFELINE TO LIVING THE CHRISTIAN LIFE
WITHOUT IT WE WILL FAIL!

EP. 2:7 THE IMMEASURABLE RICHES OF HIS GRACE IN KINDNESS TOWARD US
IN CHRIST JESUS

ROMANS 5:20 WHERE SIN INCREASED, GRACE ABOUNDED ALL THE MORE

THE WORD "ABOUNDED" MEANS:

- TO OVERFLOW, TO _____
- TO GO FAR _____ THE LIMIT
THE ALMIGHTY, SOVEREIGN, CREATOR GOD OF THE UNIVERSE
HEARS OUR PRAYERS!

REVIEW-2 KINDS OF PRAYER:

1. _____ PRAYER
2. TAKING PRAYER INTO OUR _____

TODAY'S LESSON—SHARPEN YOUR AFFECTIONS WITH _____

WHAT IS FASTING?

- FOR THOSE WHO WANT _____ OF GOD'S GRACE
- FOR THOSE WHO FEEL DESPERATE FOR _____
- IT IS AN _____ MEASURE
- DESIGNED TO CHANNEL AND EXPRESS OUR _____ FOR
GOD
- DESIGNED TO EXPRESS OUR HOLY _____ IN THE WORLD
- TRADITIONAL DEFINITION: VOLUNTARILY FORGOING FOOD FOR SOME
LIMITED TIME FOR AN EXPRESS SPIRITUAL PURPOSE

QUOTE BY MARTIN LLOYD-JONES "FASTING SHOULD REALLY BE MADE TO INCLUDE ABSTINENCE FROM ANYTHING WHICH IS LEGITIMATE IN AND OF ITSELF FOR THE SAKE OF SOME SPECIAL SPIRITUAL PURPOSE BUT CHRISTIAN FASTING MEANS CHOOSING TO GO WITHOUT FOOD FOR SOME SPECIAL PERIOD OF TIME IN VIEW OF SOME SPECIFIC PURPOSE"

SPIRITUAL PURPOSES FOR FASTING

1. STRENGTHENING _____ EZRA 8:23, JOEL 2:13, ACTS 13:3
2. SEEKING GOD'S _____ JUDGES 20:26, ACTS 14:23
3. EXPRESSING _____ 1 SAMUEL 13:31, 2 SAM. 1:11-12
4. SEEKING DELIVERANCE OR _____ 2 CHRON. 20:3-4, EZRA 8:21-23
5. EXPRESSING _____ AND RETURNING TO GOD 1SAM. 7:6, JONAH 3:5-8
6. _____ ONESELF BEFORE GOD 1 KINGS 21:27-29, PS. 35:13
7. EXPRESSING CONCERN FOR THE _____ OF GOD NEH. 1:2-3; DAN. 9:3
8. MINISTERING TO THE _____ OF OTHERS IS.58:3-7
9. OVERCOMING _____ AND DEDICATING YOURSELF TO GOD MATT. 4:1-11
10. EXPRESSING LOVE AND _____ TO GOD LUKE 2:37

QUOTE DONALD WHITNEY "FASTING CAN BE AN EXPRESSION OF FINDING YOUR GREATEST PLEASURE AND ENJOYMENT IN LIFE FROM GOD"

QUOTE MATTHEW HENRY "FASTING SERVES TO PUT AN EDGE UPON DEVOUT DEVOTIONS."

• JESUS _____ THAT HIS FOLLOWERS WILL FAST MATT. 6:17-18 **WHEN YOU FAST**, DO NOT PUT ON A GLOOMY FACE AS THE HYPOCRITES DO, FOR THEY NEGLECT THEIR APPEARANCE SO THAT THEY WILL BE NOTICED BY MEN WHEN THEY ARE FASTING. TRULY I SAY TO YOU, THEY HAVE THEIR REWARD IN FULL. BUT YOU, WHEN YOU FAST, ANOINT YOUR HEAD AND WASH YOUR FACE SO THAT YOUR FASTING WILL NOT BE NOTICED BY MEN, BUT BY YOU FATHER WHO IS IN SECRET; AND YOUR FATHER WHO SEES WHAT IS DONE IN SECRET WILL REWARD YOU.

MATTHEW 9:14-15 THEN THE DISCIPLES OF JOHN (THE BAPTIST) CAME TO HIM, ASKING, "WHY DO YOUR DISCIPLES DO NOT FAST?" AND JESUS SAID TO THEM, "THE ATTENDANTS OF THE BRIDEGROOM CANNOT MOURN AS LONG AS THE BRIDEGROOM IS WITH THEM, CAN THEY? BUT THE DAYS WILL COME WHEN THE BRIDEGROOM IS TAKEN AWAY FROM THEM, AND THEN THEY WILL FAST."

ACTS 9:9 AND HE (PAUL) WAS THREE DAYS WITHOUT SIGHT, AND NEITHER ATE NOR DRANK

ACTS 13:2 WHILE THEY (CERTAIN PROPHETS AND TEACHERS IDENTIFIED IN V. 1) WERE MINISTERING TO THE LORD AND FASTING, THE HOLY SPIRIT SAID, "SET APART FOR ME BARNABAS AND SAUL FOR THE WORK TO WHICH I HAVE CALLED THEM."

ACTS 14:23 WHEN THEY HAD APPOINTED ELDERS FOR THEM IN EVERY CHURCH, HAVING PRAYED WITH FASTING, THEY COMMENDED THEM TO THE LORD IN WHOM THEY HAD BELIEVED.

JOHN PIPER QUOTE—"FASTING IS THE HUNGRY HANDMAIDEN OF PRAYER WHO BOTH REVEALS AND REMEDIES. SHE REVEALS THE MEASURE OF FOOD'S MASTERY OVER US—OR TELEVISION OR COMPUTERS OR WHATEVER WE SUBMIT TO AGAIN AND AGAIN TO CONCEAL THE WEAKNESS OF OUR HUNGER FOR GOD. AND SHE REMEDIES BY INTENSIFYING THE EARNESTNESS OF OUR PRAYER AND SAYING WITH OUR WHOLE BODY WHAT PRAYER SAYS WITH THE HEART: I LONG TO BE SATISFIED IN GOD ALONE!"

PHIL. 3:18-19 FOR MANY WALK, OF WHOM I OFTEN TOLD YOU, AND NOW TELL YOU EVEN WEeping, THAT THEY ARE ENEMIES OF THE CROSS OF CHRIST, WHOSE END IS DESTRUCTION, WHOSE GOD IS THEIR APPETITE, AND WHOSE GLORY IS IN THEIR SHAME, WHO SET THEIR MINDS ON EARTHLY THINGS.

JOHN PIPER— "FASTING IS THE PHYSICAL EXCLAMATION POINT AT THE END OF THE SENTENCE: THIS MUCH, O GOD, I WANT YOU!"

**FASTING IS A DESPERATE MEASURE
FOR DESPERATE TIMES
AMONG THOSE WHO KNOW THEMSELVES
TO BE DESPERATE FOR GOD**

FASTING:

- IS A LOST _____
- YIELDS SWEET SPIRITUAL _____ IN OUR LIVES
- INVOLVES BEING HUNGRY FOR _____ OF GOD
- IS FOR THIS _____
- WILL BE DONE AWAY WITH WHEN JESUS _____
- IT IS FOR THIS LIFE AND _____
- IS MEANT TO ENRICH OUR _____ IN JESUS
- MEANT TO PREPARE OUR HEARTS FOR WHAT IS TO _____

- IS _____ TO DO _____

SIMPLE SUGGESTIONS AS YOU START FASTING:

1. START _____
2. PLAN WHAT YOU WILL _____ INSTEAD OF EATING
3. CONSIDER HOW IT WILL AFFECT _____
4. TRY DIFFERING _____ OF FASTING
5. FAST FROM SOMETHING OTHER THAN _____
6. DON'T THINK OF WHITE _____