

Oasis Sunday School Class

SPIRITUAL DISCIPLINES FOR THE CHRISTIAN LIFE-FASTING

WHAT IS A "CHRISTIAN" FAST?

- IT IS SOMETHING FOR _____ IN CHRIST
- IT IS ROOTED IN A _____ TO CHRIST
- IT IS TO BE PRACTICED WITH THE _____ TO BE LIKE CHRIST
- IT IS TO BE _____
- IT IS ABSTINENCE FROM _____
- IT IS DONE FOR _____ PURPOSES

TYPES OF FASTS SEEN IN SCRIPTURE:

1. A _____ FAST
 - ABSTAINING FROM FOOD AND NOT FROM _____

MATT. 4:2 AFTER FASTING FORTY DAYS, HE WAS HUNGRY
LUKE 4:2 AND HE ATE NOTHING DURING THOSE DAYS, AND WHEN THEY HAD ENDED HE BECAME HUNGRY.
2. A _____ FAST
 - A _____ IN THE DIET (DANIEL)
3. AN _____ FAST
 - AVOIDANCE OF ALL FOOD AND _____

EZRA 10:6 THEN EZRA ROSE...WENT INTO THE CHAMBER..HE DID NOT EAT BREAD NOR DRINK WATER, FOR HE WAS MOURNING OVER THE UNFAITHFULNESS OF THE EXILES.
ESTHER 4:16 "GO ASSEMBLE ALL THE JEWS WHO ARE FOUND IN SUSAN, AND FAST FOR ME; DO NOT EAT OR DRINK FOR THREE DAYS, NIGHT OR DAY. I AND MY MAIDENS ALSO WILL FAST IN THE SAME WAY. AND THUS I WILL GO INTO THE KING, WHICH IS NOT ACCORDING TO THE LAW, AND IF I PERISH, I PERISH."
ACTS 9:9 FOR THREE DAYS HE (PAUL) WAS WITHOUT SIGHT, AND NEITHER ATE NOR DRANK.
4. A _____ FAST
 - NOT TO BE NOTICED BY _____
5. A _____ FAST

JOEL BLOW A TRUMPET IN ZION, CONSECRATE A FAST, PROCLAIM A SOLEMN ASSEMBLY, GATHER THE PEOPLE, SANCTIFY THE CONGREGATION,

ACTS 13:2 WHILE THEY WERE WORSHIPING THE LORD AND FASTING

6. A _____ FAST

7. _____ FASTS

- ON SPECIAL OCCASIONS AS THE _____ AROSE

FASTING IS _____ BY JESUS OF HIS FOLLOWERS

- MATT. 6:16-18 **WHENEVER 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 YOUR FATHER WHO IS IN SECRET, AND YOUR FATHER WHO SEES WHAT IS DONE IN SECRET WILL REWARD YOU.

- MATT. 6:2 WHEN YOU **GIVE**

- MATT. 6:5 WHEN YOU **PRAY**

- MATT. 9:16 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.

JOHN PIPER- "CHRISTIAN FASTING HAS AT ITS ROOT, THE HUNGER OF A HOMESICKNESS FOR GOD."

TRUTHS ABOUT FASTING FROM THE SERMON ON THE MOUNT:

- THE NEGATIVE: ANNOUNCE YOU ARE FASTING BY THE WAY YOU _____

- A POSITIVE: NO ONE SHOULD _____ YOU ARE FASTING ONLY GOD

- A PROMISE: GOD WILL _____ YOU

FASTING IS TO BE DONE FOR A SPIRITUAL _____

AS YOU FAST YOUR HUNGER SERVES AS A CONTINUAL _____ OF YOUR SPIRITUAL PURPOSE.

JOHN PIPER- "THIS IS THE ESSENCE OF CHRISTIAN FASTING: WE ACHE AND YEARN AND FAST-TO KNOW MORE AND MORE OF ALL THAT GOD IS FOR US IN JESUS. BUT ONLY BECAUSE HE HAS ALREADY LAID HOLD OF US AND IS DRAWING US EVER FORWARD AND UPWARD INTO ALL THE FULLNESS OF GOD."

BIBLICAL PURPOSES TO FAST:

1. TO STRENGTHEN _____ EZRA 8:23
2. TO SEEK GOD'S _____ ACTS 14:23
3. TO EXPRESS _____
4. TO SEEK _____ OR _____
5. TO EXPRESS _____ AND RETURN TO GOD
JONAH 3:5-8 THE WORD REACHED THE KING OF NINEVEH, AND HE AROSE FROM HIS THRONE, REMOVED HIS ROBE, COVERED HIMSELF WITH SACKCLOTH, AND SAT IN ASHES. AND HE ISSUED A PROCLAMATION AND PUBLISHED THROUGH NINEVEH, BY THE DECREE OF THE KING AND HIS NOBLES: LET NEITHER MAN NOR BEAST, HERD NOR FLOCK, TASTE ANYTHING. LET THEM NOT FEED OR DRINK WATER, BUT LET MAN AND BEAST BE COVERED WITH SACKCLOTH, AND LET THEM CALL OUT MIGHTILY TO GOD. LET EVERYONE TURN FROM HIS EVIL WAY AND FROM THE VIOLENCE THAT IS IN HIS HANDS.
6. TO _____ ONESELF BEFORE GOD
PS. 35:13 I WORE SACKCLOTH; I AFFLICTED MYSELF WITH FASTING.
7. TO EXPRESS CONCERN FOR THE _____ OF GOD
DAN. 9:3 THEN I TURNED MY FACE TO THE LORD GOD, SEEKING HIM BY PRAYER AND PLEAS FOR MERCY WITH FASTING AND SACKCLOTH AND ASHES.
8. TO MINISTER TO THE _____ OF OTHERS
9. TO OVERCOME _____ AND DEDICATE YOURSELVES TO GOD
10. TO EXPRESS LOVE AND _____ TO GOD
LUKE 2:37 SHE DID NOT DEPART FROM THE TEMPLE, WORSHIPING WITH FASTING AND PRAYER DAY AND NIGHT.

ARE YOU WILLING TO OBEY GOD WHEN HE PROMPTS YOU TO FAST?

1. A _____ FAST

2. NOT TO BE NOTICED BY _____

3. A _____ FAST