

# Building A Life Of Fasting

Building A Great Life Part 5 of 10

Jesus: **"...All things are possible to him who believes."**  
Mark 9:23 (NKJV)

Four Things Fasting Is NOT:

1. It's not meant to be \_\_\_\_\_.

**"...Some came to spy on us and see what freedom we enjoyed in Christ Jesus, as to whether we obeyed the Jewish laws or not. They tried to get us all tied up in their rules, like slaves in chains."**  
Galatians 2:4-5 (Living Bible)

**"Therefore, there is now no condemnation for those who are in Christ Jesus."**  
Romans 8:1

**"Now the Lord is the Spirit, and where the Spirit of the Lord is, there is freedom."**  
2 Corinthians 3:17

**"The Lord's love never ends; his mercies never stop. They are new every morning..."**  
Lamentations 3:22-23 (New Century)

2. It doesn't get you " \_\_\_\_\_ " with God.

**"When you practice some appetite-denying discipline to better concentrate on God...act normal outwardly. Shampoo and comb your hair, brush your teeth, wash your face. God doesn't require attention-getting devices..."**  
Matthew 6:16-18 (Message)

**"Your heavenly Father is...ready to give good things to people who ask."**  
Matthew 7:11 (C.E.V.)

3. It's not for public " \_\_\_\_\_ ."

Jesus: **"And when you fast, do not put on a sad face as the hypocrites do. They neglect their appearance so that everyone will see that they are fasting."**  
Matthew 6:16 (Good News)

4. It's not a \_\_\_\_\_ plan.

*"Don't eat fewer than 1,000 calories a day. Your body and metabolism thrive on food. When you fast or crash diet, your metabolism will slow down in order to conserve energy. Imagine your metabolism as a blazing fire. If the fire burns consistently with the appropriate amount of high-quality wood, it will burn at a steady rate. But if it doesn't have enough wood, the fire goes out. If it has too much wood, it can get out of control — just like your waistline!"*  
Food Cures, Joy Bauer

FIVE TRUTHS ABOUT FASTING:

1. Fasting is \_\_\_\_\_.

God: **"Turn to Me with all your heart, with fasting..."**  
Joel 2:12

Jesus: **"But when you fast..."**  
Matthew 6:17

**"Everyone must go without eating from the evening of the ninth to the evening of the tenth on the seventh month which is the Day of Atonement."**  
Leviticus 23:27, 32 (CEV)

**"Then all the people there...fasted that day until evening..."**  
Judges 20:26

2. Fasting means \_\_\_\_\_.

**"...I asked the people to go without eating and to pray."**  
Ezra 8:21 (CEV)

- Old Testament word for "fast" means "to cover one's mouth."
- New Testament word for "fast" means "to not eat."

**"Thank God that Jesus Christ acted to set things right in this life of contradictions where I want to serve God with all my heart and mind, but am pulled by the influence of the world to do something totally different."**  
Romans 7:23 (The Message)

3. Fasting gives \_\_\_\_\_ to my prayer life.

**"I turned to the Master God, asking for an answer—praying earnestly, fasting from meals..."**  
Daniel 9:3 (The Message)

**"The Lord says, 'Even now, come back to me with all your heart. Go without food...'"**  
Joel 2:12 (New Century)

Also: 2 Samuel 12

4. Fasting is \_\_\_\_\_ for my body.

**"After ten days they looked healthier and stronger than the young men who had been eating the king's rich food. So the supervisor took away the king's rich food and wine and gave them vegetables."**  
Daniel 1:15-16 (God's Word)

**"...glorify God with your body..."**  
1 Corinthians 6:20

5. Fasting grows me \_\_\_\_\_.

**"We've got to train ourselves, discipline ourselves for the purpose of spiritual growth or to become Christ-like people."**  
1 Timothy 4:7

**"...the spirit is willing, but the flesh is weak."**  
Matthew 26:41

**"But in all things we commend ourselves as ministers of God: in much patience, in tribulations, in needs, in distresses...in fastings."**  
2 Corinthians 6:4-5 (NKJV)

Ezra: **"That we might afflict ourselves before our God...We went without food and asked God himself to protect us."**  
Ezra 8:21, 23 (KJV/CEV)

HOW TO FAST DURING *INVESTING THROUGH FAITH FOR TOMORROW'S HARVEST*:

- Declare when - Do it together - Decide now