

First In Fasting!

starts SU at Sundown, January 16th - February 6th

“But **seek first** his kingdom and his righteousness, and all these things will be given to you as well.”

- **Matthew 6:33 NIV**

“Blessed are those who **hunger and thirst for righteousness**, for they will be filled.” - **Matthew 5:6 NIV**

FASTING:

A time of denying yourself of something _____ in order to _____ for God!

EXAMPLES OF FASTING

1. Jesus Fasted For _____.

Then Jesus was led by the Spirit into the desert to be tempted by the devil. After **fasting forty days and forty nights**, he was **hungry**. The **tempter** came to him and said, “If you are the Son of God, tell these stones to become bread.” Jesus answered, “It is written: ‘**Man shall not live** on bread alone, but **on every word** that comes from the mouth of God.’” - **Matthew 4:1-4 (NIV)**

2. Esther Fasted For _____.

“Go, gather together all the Jews who are in Susa, and **fast for me**. **Do not eat or drink for three days, night or day**. I and my maids will fast as you do. When this is done, I will go to the king, even though it is against the law. And if I perish, I perish.” - **Esther 4:16 (NIV)**

3. Paul Fasted For _____.

For three days he was blind, and **did not eat or drink anything**.... Immediately, something like scales fell from Saul’s eyes, and he could see again. **He got up and was baptized**, and after taking some food, he regained his strength. - **Acts 9:9,18-19 (NIV)**

4. Daniel Fasted For _____.

At that time I, Daniel, mourned for **three weeks**. **I ate no choice food**; no meat or wine touched my lips; and **I used no lotions** at all until the three weeks were over.... “Do not be afraid, Daniel. Since the first day that **you set your mind** to gain understanding and to humble yourself before your God, your words were heard, and I have come in response to them.” - **Daniel 10:2-3,12 (NIV)**

TYPES OF FASTING

A. _____ Fast (Esther & Paul)

B. _____ Fast (Jesus)

C. _____ Fast (Daniel)

FASTING IS ABOUT SACRIFICE

1. Choose _____!

“So when you give... And when you pray... And when you fast.” - *Matthew 6:1-18 (NIV)*

“Is this not the fast that I have chosen: To loose the bonds of wickedness, To undo the heavy burdens, To let the oppressed go free, And that you break every yoke?” - *Isaiah 58:6 (NKJV)*

2. _____ Yourself!

For a man is a slave to whatever has mastered him. - *2 Peter 2:19 (NIV)*

DISCUSSION GUIDE

- If you've never fasted, discuss why you haven't.
- If you have fasted before, describe how it benefitted you. Describe how it was difficult.
- Read Isaiah 58:6 above, and consider any burdens you'd like to be set free from by fasting.
- What did God speak to you during this message about *First Things First*? Discuss it.
- What steps will you take this week to allow God to guide you into the 21-Day Fast?