

## January 1st 2023 The Habit of Holy Fasting



**A Holy Fast is motivated by a \_\_\_\_\_ desire to connect deeper with God.**

**Joel 1:14**, "Declare a holy fast; call a sacred assembly. Summon the elders and all who live in the land to the house of the Lord your God, and cry out to the Lord."

**A Health Fast is motivated by a \_\_\_\_\_ desire to become more physically or mentally fit.**

**Fasting (according to the Bible) means I voluntarily \_\_\_\_\_ or \_\_\_\_\_ my intake of food for a specific time and for a \_\_\_\_\_ purpose.**

**Matthew 6:16-18**, "When you fast, do not look somber as the hypocrites do, for they disfigure their faces to show others they are fasting. Truly I tell you, they have received their reward in full. 17 But when you fast, put oil on your head and wash your face, 18 so that it will not be obvious to others 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."

### **Why should a Christian fast?**

**1. Fasting gives me more time for \_\_\_\_\_.**

**Acts 13:2-3**, "While they were worshipping the Lord and fasting, the Holy Spirit said, 'Set apart for me Barnabas and Saul for the work to which I have called them.' So after they had fasted and prayed, they placed their hands on them and sent them off."

**2. Fasting demonstrates the \_\_\_\_\_ of my \_\_\_\_\_ to connect with God.**

**Joel 2:12**, "Even now," declares the Lord, "return to Me with all your heart, with fasting and weeping and mourning."

**3. Fasting \_\_\_\_\_ God's supernatural power.**

**Ezra 8:23**, "So we fasted and petitioned God about this, and He answered our prayer."

**Isaiah 58:6**, "God says, "Is not this the kind of fasting I have chosen: to lose the chains of injustice and untie the cords of the yoke, to set the oppressed free and break every yoke?"

**Fasting prepares \_\_\_\_\_ for a blessing!**

**Exodus 34:28**, "Moses was there with the Lord forty days and forty nights without eating bread or drinking water. And he wrote on the tablets the words of the covenant--the Ten Commandments."

**2 Chronicles 20:2-3**, "Some men came and told Jehoshaphat, "A vast army is coming against you from Edom, from the other side of the Sea. It is already in Hazazon Tamar" (that is, En Gedi).

Alarmed, Jehoshaphat resolved to inquire of the Lord, and he proclaimed a fast for all Judah."

**Daniel 9:3**, "So I turned to the Lord God and pleaded with him in prayer and petition, in fasting, and in sackcloth and ashes."

**Nehemiah 1:4**, "When I heard these things, I sat down and wept. For some days I mourned and fasted and prayed before the God of heaven."

### **LIFE APPLICATION**

**Take the Prayer & Fasting Guide and consider how God might be leading you to respond.**

**I will \_\_\_\_\_.**