

Set Up For Success Part 2

Loving God with your Soul (Spiritual Disciplines): The Spiritual Discipline of Fasting

I. What Is Fasting?

Fasting is a _____ taught in the Bible.

It means to **voluntarily reduce or eliminate food** for a specific _____ and _____.

Matthew 6:16–18 (NCV)

“When you give up eating, don’t put on a sad face like the hypocrites... your Father, whom you cannot see, will see you... and He will reward you.”

✓ Jesus said, “**When you fast**,” not “If you fast.”

✓ Fasting is done in **secret**, not for **show**.

✓ God **rewards** sincere fasting.

Key Truth: Fasting is not punishment — it’s _____.

II. Why Fast?

1. Fasting Gives You More Time for Prayer

Acts 13:2–3 (NIV)

“While they were worshiping the Lord and fasting, the Holy Spirit said, ‘Set apart for me Barnabas and Saul...’”

- Use mealtime to _____ and _____.
 - Fasting helps us focus on **hearing God’s voice**.
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2. Fasting Demonstrates Deep Desire

Joel 2:12 (NASB)

“Return to Me with all your heart, with fasting and weeping and mourning.”

- Shows God we are _____ about our prayers.
 - It’s a way to seek God with your **whole heart**.
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3. Fasting Releases God’s Power

Ezra 8:23 (MSG) – “So we fasted and prayed... and He listened.”

Isaiah 58:6 (NIV) – “Is not this the kind of fasting I have chosen: to loose the chains of injustice...?”

- Fasting breaks _____ and brings _____.
 - United fasting and prayer bring **victory and unity**.
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III. Biblical Examples of Fasting

Person / Group	Scripture	Purpose / Result
Moses	Exodus 34:28	Received the Ten Commandments
Israelites	2 Chronicles 20:2–3	Prepared for a miraculous victory
Daniel	Daniel 9:3, 21–22	Received guidance and revelation
Nehemiah	Nehemiah 1:4	Prepared for a major building project
Jesus	Luke 4:2	Overcame temptation
Early Church	Acts 13:2–3	Received direction for ministry

Lesson: God’s people fasted before major **victories, revelations, and assignments**.

IV. Isaiah 58: The Fast God Chooses

Verses 1–2:

God calls out _____ — people doing religious acts for show.

- They loved learning about God but not real **life change**.
 - Righteousness = measuring up to **God’s standard**.
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Verses 3–5:

They fasted outwardly but still acted _____ and _____.
True fasting requires repentance and right relationships.

Verses 6–7:

“To loose the chains of injustice... set the oppressed free...”

True fasting leads to _____, _____, and _____.

Cross References:

- Micah 6:8 — Do justice, love mercy, walk humbly.
 - James 1:27 — Care for widows and orphans.
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Verses 8–10:

When we fast God’s way:

🌅 Our _____ breaks forth like the dawn.

💧 God gives _____ and _____.

🙏 Our prayers are _____.

V. How to Fast

1. **Set your purpose:** What are you fasting for? _____
 2. **Choose your type of fast:** Full, partial, or Daniel fast.
 3. **Replace eating time with:** _____, _____, and _____.
 4. **Focus on:** Repentance and caring for others.
 5. **Expect:** God to work and bring breakthrough.
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VI. Reflection & Discussion

1. Why do you think Jesus expects His followers to fast?
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2. How can fasting help you grow closer to God?
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3. What are some wrong motives people might have when fasting?
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4. How does Isaiah 58 change your view of fasting?
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5. What is one thing you will pray and fast for this week?

VII. Key Verse

Isaiah 58:8 (NIV)

“Then your light will break forth like the dawn, and your healing will quickly appear.”

✦ Takeaway Truth

Fasting is not about impressing God — it’s about **inviting God**.

It prepares your heart, strengthens your spirit, and aligns you with His will.