

EQUIPPED FOR LIFE**SPIRITUAL DISCIPLINE: Fasting**

FOCUS: To draw closer to God during times of going without food, necessities and luxuries in order to repent, return to, receive and/or fulfill God's will through humility.

OUR SALVATION: OUR CREATED PURPOSE: OUR MISSION:

John 3:16-17 *Mark 12:30-31*
Ephesians 2:8-9 *Matthew 28:16-20*
Romans 10:9-10

We exist to bring God glory and make disciples

OUR VISION

Through
 Gospel-Centered Worship
 Gospel-Centered Community
 Gospel-Centered Service
 Gospel-Centered Multiplication

SUNDAY: **Isaiah 58:1-14** **MONDAY:** **2 Samuel 12:15-23**

TUESDAY: **2 Chronicles 20:1-23** **WEDNESDAY:** **Daniel 9:1-6**

THURSDAY: **Matthew 6:16-18** **FRIDAY:** **Luke 2:36-38**

SATURDAY: **Acts 13:1-3**



What jumped off the page at you (word, phrase, concept, application, question) **as you read the verse(s)?**

Why is what jumped off the page Biblically accurate?

What does God want you to do about what He has made clear to you?

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A TRUTH

When we fast God is the focus, His word is the way forward and our posture is humility.

SPIRITUAL DISCIPLINE: Fasting

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THE SPIRITUAL DISCIPLINE OF FASTING is an important aspect to why we exist.

Based on this what can we do to become more like Jesus?

Gospel-Centered

WORSHIP Daniel 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.

COMMUNITY Ezra 8:23 So we fasted and implored our God for this, and he listened to our entreaty.

SERVICE Ezra 9:5-6 5 And at the evening sacrifice I rose from my fasting, with my garment and my cloak torn, and fell upon my knees and spread out my hands to the LORD my God, 6 saying: "O my God, I am ashamed and blush to lift my face to you, my God, for our iniquities have risen higher than our heads, and our guilt has mounted up to the heavens.

MULTIPLICATION Ezra 8:21 Then I proclaimed a fast there, at the river Ahava, that we might humble ourselves before our God, to seek from him a safe journey for ourselves, our children, and all our goods.

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Why the Spiritual Disciplines are Needed

Ephesians 1:16-18

16 I do not cease to give thanks for you, remembering you in my prayers,
 17 that the God of our Lord Jesus Christ, the Father of glory, may give you the Spirit of wisdom and of revelation in the knowledge of him,
 18 having the eyes of your hearts enlightened, that you may know what is the hope to which he has called you, what are the riches of his glorious inheritance in the saints,

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Why do we have spiritual disciplines?

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[SL] **MISSION:** We exist to bring God glory and make disciples.

What is going on in the Bible [CONTEXT]

Fasting and Prayer for Protection

Ezr 8:21 Then I proclaimed a fast there, at the river Ahava, that we might humble ourselves before our God, to seek from him a safe journey for ourselves, our children, and all our goods.
 Ezr 8:22 For I was ashamed to ask the king for a band of soldiers and horsemen to protect us against the enemy on our way, since we had told the king, "The hand of our God is for good on all who seek him, and the power of his wrath is against all who forsake him."
 Ezr 8:23 So we fasted and implored our God for this, and he listened to our entreaty.

Biblical Foundation [CLARITY]

Joel 2:12-17

12 "Yet even now," declares the LORD, "return to me with all your heart, with fasting, with weeping, and with mourning;
 13 and rend your hearts and not your garments." Return to the LORD your God, for he is gracious and merciful, slow to anger, and abounding in steadfast love; and he relents over disaster.

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When we fast God is the focus, His word is the way forward and our posture is humility.

The specifics will be in submission to God's Sovereignty.

 **PARABLE:** Step into the Superbook Bible...**Overarching from life, clarifies main points**
LOVE LIKE CHRIST, LIVE LIKE JESUS BECOME IN FAITH / RESPOND WITH DEEDS

WHY FAST

Jesus did and said to Fast

Mat 4:1 Then Jesus was led up by the Spirit into the wilderness to be tempted by the devil.

Mat 4:2 And after fasting forty days and forty nights, he was hungry.

Fasting

Mat 6:16 "And when you fast, do not look gloomy like the hypocrites, for they disfigure their faces that their fasting may be seen by others. Truly, I say to you, they have received their reward.

Mat 6:17 But when you fast, anoint your head and wash your face,

Mat 6:18 that your fasting may not be seen by others but by your Father who is in secret. And your Father who sees in secret will reward you.

HOW TO BIBLICALLY FAST WELL

David's Child Dies

2Sa 12:15 Then Nathan went to his house. And the LORD afflicted the child that Uriah's wife bore to David, and he became sick.

2Sa 12:16 David therefore sought God on behalf of the child. And David fasted and went in and lay all night on the ground.

2Sa 12:17 And the elders of his house stood beside him, to raise him from the ground, but he would not, nor did he eat food with them.

2Sa 12:18 On the seventh day the child died. And the servants of David were afraid to tell him that the child was dead, for they said, "Behold, while the child was yet alive, we spoke to him, and he did not listen to us. How then can we say to him the child is dead? He may do himself some harm."

2Sa 12:19 But when David saw that his servants were whispering together, David understood that the child was dead. And David said to his servants, "Is the child dead?" They said, "He is dead."

2Sa 12:20 Then David arose from the earth and washed and anointed himself and changed his clothes. And he went into the house of the LORD and worshiped. He then went to his own house. And when he asked, they set food before him, and he ate.

2Sa 12:21 Then his servants said to him, "What is this thing that you have done? You fasted and wept for the child while he was alive; but when the child died, you arose and ate food."

2Sa 12:22 He said, "While the child was still alive, I fasted and wept, for I said, 'Who knows whether the LORD will be gracious to me, that the child may live?'

2Sa 12:23 But now he is dead. Why should I fast? Can I bring him back again? I shall go to him, but he will not return to me."

MISSION: We exist to bring God glory and make disciples. [REAL LIFE]

THE SPIRITUAL DISCIPLINE OF FASTING is an important aspect to why we exist.

Based on this what can we do to become more like Jesus?

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BIBLE VERSES RELATED TO Fasting

Fast

David's Child Dies

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Jehoshaphat's Prayer

2Ch 20:1 After this the Moabites and Ammonites, and with them some of the Meunites, came against Jehoshaphat for battle.

2Ch 20:2 Some men came and told Jehoshaphat, "A great multitude is coming against you from Edom, from beyond the sea; and, behold, they are in Hazazon-tamar" (that is, Engedi).

2Ch 20:3 Then Jehoshaphat was afraid and set his face to seek the LORD, and proclaimed a fast throughout all Judah.

2Ch 20:4 And Judah assembled to seek help from the LORD; from all the cities of Judah they came to seek the LORD.

2Ch 20:5 And Jehoshaphat stood in the assembly of Judah and Jerusalem, in the house of the LORD, before the new court,

2Ch 20:6 and said, "O LORD, God of our fathers, are you not God in heaven? You rule over all the kingdoms of the nations. In your hand are power and might, so that none is able to withstand you.

2Ch 20:7 Did you not, our God, drive out the inhabitants of this land before your people Israel, and give it forever to the descendants of Abraham your friend?

2Ch 20:8 And they have lived in it and have built for you in it a sanctuary for your name, saying,

2Ch 20:9 'If disaster comes upon us, the sword, judgment, or pestilence, or famine, we will stand before this house and before you—for your name is in this house—and cry out to you in our affliction, and you will hear and save.'

2Ch 20:10 And now behold, the men of Ammon and Moab and Mount Seir, whom you would not let Israel invade when they came from the land of Egypt, and whom they avoided and did not destroy—

2Ch 20:11 behold, they reward us by coming to drive us out of your possession, which you have given us to inherit.

2Ch 20:12 O our God, will you not execute judgment on them? For we are powerless against this great horde that is coming against us. We do not know what to do, but our eyes are on you."

2Ch 20:13 Meanwhile all Judah stood before the LORD, with their little ones, their wives, and their children.

2Ch 20:14 And the Spirit of the LORD came upon Jahaziel the son of Zechariah, son of Benaiah, son of Jeiel, son of Mattaniah, a Levite of the sons of Asaph, in the midst of the assembly.

2Ch 20:15 And he said, "Listen, all Judah and inhabitants of Jerusalem and King Jehoshaphat: Thus says the LORD to you, 'Do not be afraid and do not be dismayed at this great horde, for the battle is not yours but God's.'

2Ch 20:16 Tomorrow go down against them. Behold, they will come up by the ascent of Ziz. You will find them at the end of the valley, east of the wilderness of Jeruel.

2Ch 20:17 You will not need to fight in this battle. Stand firm, hold your position, and see the salvation of the LORD on your behalf, O Judah and Jerusalem.' Do not be afraid and do not be dismayed. Tomorrow go out against them, and the LORD will be with you."

2Ch 20:18 Then Jehoshaphat bowed his head with his face to the ground, and all Judah and the inhabitants of Jerusalem fell down before the LORD, worshiping the LORD.

2Ch 20:19 And the Levites, of the Kohathites and the Korahites, stood up to praise the LORD, the God of Israel, with a very loud voice.

2Ch 20:20 And they rose early in the morning and went out into the wilderness of Tekoa. And when they went out, Jehoshaphat stood and said, "Hear me, Judah and inhabitants of Jerusalem! Believe in the LORD your God, and you will be established; believe his prophets, and you will succeed."

2Ch 20:21 And when he had taken counsel with the people, he appointed those who were to sing to the LORD and praise him in holy attire, as they went before the army, and say, "Give thanks to the LORD, for his steadfast love endures forever."

2Ch 20:22 And when they began to sing and praise, the LORD set an ambush against the men of Ammon, Moab, and Mount Seir, who had come against Judah, so that they were routed.

2Ch 20:23 For the men of Ammon and Moab rose against the inhabitants of Mount Seir, devoting them to destruction, and when they had made an end of the inhabitants of Seir, they all helped to destroy one another

Fasting and Prayer for Protection

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Ezr 8:22 For I was ashamed to ask the king for a band of soldiers and horsemen to protect us against the enemy on our way, since we had told the king, "The hand of our God is for good on all who seek him, and the power of his wrath is against all who forsake him."

Ezr 8:23 So we fasted and implored our God for this, and he listened to our entreaty.

True and False Fasting

Isa 58:1 "Cry aloud; do not hold back; lift up your voice like a trumpet; declare to my people their transgression, to the house of Jacob their sins.

Isa 58:2 Yet they seek me daily and delight to know my ways, as if they were a nation that did righteousness and did not forsake the judgment of their God; they ask of me righteous judgments; they delight to draw near to God.

Isa 58:3 'Why have we fasted, and you see it not? Why have we humbled ourselves, and you take no knowledge of it?' Behold, in the day of your fast you seek your own pleasure, and oppress all your workers.

Isa 58:4 Behold, you fast only to quarrel and to fight and to hit with a wicked fist. Fasting like yours this day will not make your voice to be heard on high.

Isa 58:5 Is such the fast that I choose, a day for a person to humble himself? Is it to bow down his head like a reed, and to spread sackcloth and ashes under him? Will you call this a fast, and a day acceptable to the LORD?

Isa 58:6 "Is not this the fast that I choose: to loose the bonds of wickedness, to undo the straps of the yoke, to let the oppressed go free, and to break every yoke?

Isa 58:7 Is it not to share your bread with the hungry and bring the homeless poor into your house; when you see the naked, to cover him, and not to hide yourself from your own flesh?

Isa 58:8 Then shall your light break forth like the dawn, and your healing shall spring up speedily; your righteousness shall go before you; the glory of the LORD shall be your rear guard.

Isa 58:9 Then you shall call, and the LORD will answer; you shall cry, and he will say, 'Here I am.' If you take away the yoke from your midst, the pointing of the finger, and speaking wickedness,

Isa 58:10 if you pour yourself out for the hungry and satisfy the desire of the afflicted, then shall your light rise in the darkness and your gloom be as the noonday.

Isa 58:11 And the LORD will guide you continually and satisfy your desire in scorched places and make your bones strong; and you shall be like a watered garden, like a spring of water, whose waters do not fail.

Isa 58:12 And your ancient ruins shall be rebuilt; you shall raise up the foundations of many generations; you shall be called the repairer of the breach, the restorer of streets to dwell in.

Isa 58:13 "If you turn back your foot from the Sabbath, from doing your pleasure on my holy day, and call the Sabbath a delight and the holy day of the LORD honorable; if you honor it, not going your own ways, or seeking your own pleasure, or talking idly;

Isa 58:14 then you shall take delight in the LORD, and I will make you ride on the heights of the earth; I will feed you with the heritage of Jacob your father, for the mouth of the LORD has spoken."

Daniel's Prayer for His People

Dan 9:1 In the first year of Darius the son of Ahasuerus, by descent a Mede, who was made king over the realm of the Chaldeans—

Dan 9:2 in the first year of his reign, I, Daniel, perceived in the books the number of years that, according to the word of the LORD to Jeremiah the prophet, must pass before the end of the desolations of Jerusalem, namely, seventy years.

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.

Dan 9:4 I prayed to the LORD my God and made confession, saying, "O Lord, the great and awesome God, who keeps covenant and steadfast love with those who love him and keep his commandments, Dan 9:5 we have sinned and done wrong and acted wickedly and rebelled, turning aside from your commandments and rules.

Dan 9:6 We have not listened to your servants the prophets, who spoke in your name to our kings, our princes, and our fathers, and to all the people of the land.

A Call to Repentance

Jol 1:13 Put on sackcloth and lament, O priests; wail, O ministers of the altar. Go in, pass the night in sackcloth, O ministers of my God! Because grain offering and drink offering are withheld from the house of your God.

Jol 1:14 Consecrate a fast; call a solemn assembly. Gather the elders and all the inhabitants of the land to the house of the LORD your God, and cry out to the LORD.

Return to the Lord

Joel 2:12-17

12 "Yet even now," declares the LORD, "return to me with all your heart, with fasting, with weeping, and with mourning;

13 and rend your hearts and not your garments." Return to the LORD your God, for he is gracious and merciful, slow to anger, and abounding in steadfast love; and he relents over disaster.

14 Who knows whether he will not turn and relent, and leave a blessing behind him, a grain offering and a drink offering for the LORD your God?

15 Blow the trumpet in Zion; consecrate a fast; call a solemn assembly;

16 gather the people. Consecrate the congregation; assemble the elders; gather the children, even nursing infants. Let the bridegroom leave his room, and the bride her chamber.

17 Between the vestibule and the altar let the priests, the ministers of the LORD, weep and say, "Spare your people, O LORD, and make not your heritage a reproach, a byword among the nations. Why should they say among the peoples, 'Where is their God?'"

Jonah 3

A Call for Justice and Mercy

Zechariah 7:3

3 saying to the priests of the house of the LORD of hosts and the prophets, "Should I weep and abstain in the fifth month, as I have done for so many years?"

The Coming Peace and Prosperity of Zion

Zechariah 8:18-19

18 And the word of the LORD of hosts came to me, saying,

19 "Thus says the LORD of hosts: The fast of the fourth month and the fast of the fifth and the fast of the seventh and the fast of the tenth shall be to the house of Judah seasons of joy and gladness and cheerful feasts. Therefore love truth and peace.

The Temptation of Jesus

Mat 4:1 Then Jesus was led up by the Spirit into the wilderness to be tempted by the devil.

Mat 4:2 And after fasting forty days and forty nights, he was hungry.

Mat 4:3 And the tempter came and said to him, "If you are the Son of God, command these stones to become loaves of bread."

Mat 4:4 But he answered, "It is written, "'Man shall not live by bread alone, but by every word that comes from the mouth of God.'"

Mat 4:5 Then the devil took him to the holy city and set him on the pinnacle of the temple

Mat 4:6 and said to him, "If you are the Son of God, throw yourself down, for it is written, "'He will command his angels concerning you,' and "'On their hands they will bear you up, lest you strike your foot against a stone.'"

Mat 4:7 Jesus said to him, "Again it is written, 'You shall not put the Lord your God to the test.'"

Mat 4:8 Again, the devil took him to a very high mountain and showed him all the kingdoms of the world and their glory.

Mat 4:9 And he said to him, "All these I will give you, if you will fall down and worship me."

Mat 4:10 Then Jesus said to him, "Be gone, Satan! For it is written, "'You shall worship the Lord your God and him only shall you serve.'"

Mat 4:11 Then the devil left him, and behold, angels came and were ministering to him.

Fasting

Mat 6:16 "And when you fast, do not look gloomy like the hypocrites, for they disfigure their faces that their fasting may be seen by others. Truly, I say to you, they have received their reward.

Mat 6:17 But when you fast, anoint your head and wash your face,

Mat 6:18 that your fasting may not be seen by others but by your Father who is in secret. And your Father who sees in secret will reward you.

A Question About Fasting

Mrk 2:18 Now John's disciples and the Pharisees were fasting. And people came and said to him, "Why do John's disciples and the disciples of the Pharisees fast, but your disciples do not fast?"

Mrk 2:19 And Jesus said to them, "Can the wedding guests fast while the bridegroom is with them? As long as they have the bridegroom with them, they cannot fast.

Mrk 2:20 The days will come when the bridegroom is taken away from them, and then they will fast in that day.

Mrk 2:21 No one sews a piece of unshrunk cloth on an old garment. If he does, the patch tears away from it, the new from the old, and a worse tear is made.

Mrk 2:22 And no one puts new wine into old wineskins. If he does, the wine will burst the skins—and the wine is destroyed, and so are the skins. But new wine is for fresh wineskins."

Luk 2:36 And there was a prophetess, Anna, the daughter of Phanuel, of the tribe of Asher. She was advanced in years, having lived with her husband seven years from when she was a virgin,

Luk 2:37 and then as a widow until she was eighty-four. She did not depart from the temple, worshiping with fasting and prayer night and day.

Luk 2:38 And coming up at that very hour she began to give thanks to God and to speak of him to all who were waiting for the redemption of Jerusalem.

The Pharisee and the Tax Collector

Luk 18:9 He also told this parable to some who trusted in themselves that they were righteous, and treated others with contempt:

Luk 18:10 "Two men went up into the temple to pray, one a Pharisee and the other a tax collector.

Luk 18:11 The Pharisee, standing by himself, prayed thus: 'God, I thank you that I am not like other men, extortioners, unjust, adulterers, or even like this tax collector.

Luk 18:12 I fast twice a week; I give tithes of all that I get.'

Luk 18:13 But the tax collector, standing far off, would not even lift up his eyes to heaven, but beat his breast, saying, 'God, be merciful to me, a sinner!'

Luk 18:14 I tell you, this man went down to his house justified, rather than the other. For everyone who exalts himself will be humbled, but the one who humbles himself will be exalted."

Barnabas and Saul Sent Off

Act 13:1 Now there were in the church at Antioch prophets and teachers, Barnabas, Simeon who was called Niger, Lucius of Cyrene, Manaen a lifelong friend of Herod the tetrarch, and Saul.

Act 13:2 While they were worshiping the Lord and fasting, the Holy Spirit said, "Set apart for me Barnabas and Saul for the work to which I have called them."

Act 13:3 Then after fasting and praying they laid their hands on them and sent them off.

Fasting

Ezra 9:5-6

5 And at the evening sacrifice I rose from my fasting, with my garment and my cloak torn, and fell upon my knees and spread out my hands to the LORD my God,

6 saying: "O my God, I am ashamed and blush to lift my face to you, my God, for our iniquities have risen higher than our heads, and our guilt has mounted up to the heavens.

Neh_1:4 As soon as I heard these words I sat down and wept and mourned for days, and I continued fasting and praying before the God of heaven.

Neh_9:1 Now on the twenty-fourth day of this month the people of Israel were assembled with fasting and in sackcloth, and with earth on their heads.

Est_4:3 And in every province, wherever the king's command and his decree reached, there was great mourning among the Jews, with fasting and weeping and lamenting, and many of them lay in sackcloth and ashes.

Psa_35:13 But I, when they were sick—I wore sackcloth; I afflicted myself with fasting; I prayed with head bowed on my chest.

Psa_69:10 When I wept and humbled my soul with fasting, it became my reproach.

Psa_109:24 My knees are weak through fasting; my body has become gaunt, with no fat.

Isa_58:4 Behold, you fast only to quarrel and to fight and to hit with a wicked fist. Fasting like yours this day will not make your voice to be heard on high.

Jer_36:6 so you are to go, and on a day of fasting in the hearing of all the people in the LORD's house you shall read the words of the LORD from the scroll that you have written at my dictation. You shall read them also in the hearing of all the men of Judah who come out of their cities.

Dan_6:18 Then the king went to his palace and spent the night fasting; no diversions were brought to him, and sleep fled from him.

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.

Jol_2:12 "Yet even now," declares the LORD, "return to me with all your heart, with fasting, with weeping, and with mourning;

Mat_4:2 And after fasting forty days and forty nights, he was hungry.

Mat_6:16 "And when you fast, do not look gloomy like the hypocrites, for they disfigure their faces that their fasting may be seen by others. Truly, I say to you, they have received their reward.

Mat_6:18 that your fasting may not be seen by others but by your Father who is in secret. And your Father who sees in secret will reward you.

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Luk_2:37 and then as a widow until she was eighty-four. She did not depart from the temple, worshiping with fasting and prayer night and day.

Act_13:2 While they were worshiping the Lord and fasting, the Holy Spirit said, "Set apart for me Barnabas and Saul for the work to which I have called them."

Act_13:3 Then after fasting and praying they laid their hands on them and sent them off.

Act_14:23 And when they had appointed elders for them in every church, with prayer and fasting they committed them to the Lord in whom they had believed.

Fasted

Jdg_20:26 Then all the people of Israel, the whole army, went up and came to Bethel and wept. They sat there before the LORD and fasted that day until evening, and offered burnt offerings and peace offerings before the LORD.

1Sa_7:6 So they gathered at Mizpah and drew water and poured it out before the LORD and fasted on that day and said there, "We have sinned against the LORD." And Samuel judged the people of Israel at Mizpah.

1Sa_31:13 And they took their bones and buried them under the tamarisk tree in Jabesh and fasted seven days.

2Sa_1:12 And they mourned and wept and fasted until evening for Saul and for Jonathan his son and for the people of the LORD and for the house of Israel, because they had fallen by the sword.

2Sa_12:16 David therefore sought God on behalf of the child. And David fasted and went in and lay all night on the ground.

2Sa_12:21 Then his servants said to him, "What is this thing that you have done? You fasted and wept for the child while he was alive; but when the child died, you arose and ate food."

2Sa_12:22 He said, "While the child was still alive, I fasted and wept, for I said, 'Who knows whether the LORD will be gracious to me, that the child may live?'

1Ki_21:27 And when Ahab heard those words, he tore his clothes and put sackcloth on his flesh and fasted and lay in sackcloth and went about dejectedly.

1Ch_10:12 all the valiant men arose and took away the body of Saul and the bodies of his sons, and brought them to Jabesh. And they buried their bones under the oak in Jabesh and fasted seven days.

Ezr_8:23 So we fasted and implored our God for this, and he listened to our entreaty.

Isa_58:3 'Why have we fasted, and you see it not? Why have we humbled ourselves, and you take no knowledge of it?' Behold, in the day of your fast you seek your own pleasure, and oppress all your workers.

Zec_7:5 "Say to all the people of the land and the priests, 'When you fasted and mourned in the fifth month and in the seventh, for these seventy years, was it for me that you fasted?

OTHER RESOURCES

Sharing the Truth Tips

When revealing the Biblical truth to someone **ask questions and give them the opportunity to wrestle with their relationship with Jesus.**

It is the Holy Spirit who gives Christians the proper heart, mind, soul and strength to share the Biblical truth in a way that will hopefully result in salvation and sanctification for the hearer.

Ask questions, encourage others to ask questions. Everyone is three good questions away from sharing what is really going on in their heart, mind and soul.

BOOK: *Spiritual Disciplines for Christian Life* by Donald S. Whitney

For the Purpose of Godliness

BOOK: *Disciplines for the Inner Life* by Bob & Michael Benson

Disciplines for, Obstacles to, Patterns for, Inward Graces of and Outward Fruits of the Inner Life.

BOOK: *Face to Face Vol. 1* by Kenneth Boa

Praying the Scriptures for Spiritual Growth

BOOK: *Face to Face Vol. 2* by Kenneth Boa

Praying the Scriptures for Spiritual Growth

BOOK: *Essentials of Discipleship* by Francis M. Cosgrove Jr.

With Guidelines for Group Discussion

READ: Charles Spurgeon

The Value of Fasting and Prayer

<https://www.thedailyspurgeon.com/2008/09/value-of-fasting-and-prayer.html>

Sad Fasts Changed to Glad Feasts

<https://www.spurgeongems.org/sermon/chs2248.pdf>

READ: Billy Graham

Following Jesus' Example of Fasting

<https://billygraham.org/articles/waste-time-wisely-fasting>

READ: John MacArthur

Is Fasting a Command?

<https://shop.gty.org/library/bibleqnas-library/QA0151/is-fasting-a-command>

WATCH: Billy Graham

The Importance of Fasting and Prayer

<https://www.youtube.com/watch?v=xlepce3FnWY>

WATCH: Jack Hibbs

Make It Personal: Prayer and Fasting

<https://podcast.jackhibbs.com/make-it-personal-prayer-and-fasting/>

And When You Fast (Audio)

<https://jackhibbs.com/sermons/and-when-you-fast/>

Why Should I Fast? (Audio)

<https://jackhibbs.com/listen/fast-c/>

WATCH: John MacArthur

Fasting Without Hypocrisy Part 1

<https://www.youtube.com/watch?v=c3E-madtziE>

Fasting Without Hypocrisy Part 2

<https://www.youtube.com/watch?v=9vR4Qk6a3Uc>

The Power of Fasting in Breaking Spiritual Strongholds

https://www.youtube.com/watch?v=jrL_Hz5xiUI

Charlie Kirk

How Jesus Responded to Temptation

<https://www.youtube.com/shorts/2-XtSpoC1r0>