



Fasting defined:

- Voluntarily abstaining from food and/or liquids for a period of time.
- Shifting our appetite from here to Him.
- Prayer is always associated with fasting.
- The goal of fasting is to draw nearer to God.

A fast is not something we offer to God, but the discipline of offering ourselves.

Types of Fasts:

Complete Fast

Liquids only.

Selective Fast

Removing certain elements from your diet.

Partial Fast

Abstaining from eating types of food in the morning and afternoon.

Soul Fast

Some will stop using social media or watching television...

When they came to the crowd, a man approached Jesus and knelt before him. "Lord, have mercy on my son," he said. "He has seizures and is suffering greatly. He often falls into the fire or into the water. I brought him to your disciples, but they could not heal him." Matthew 17:14-16 (NIV)

"You unbelieving and perverse generation," Jesus replied, "how long shall I stay with you? How long shall I put up with you? Bring the boy here to me." Jesus rebuked the demon, and it came out of the boy, and he was healed at that moment.

Matthew 17:17-18 (NIV)

Jesus identifies two problems:

- Unbelieving: Not connected to God.
- Perverse: Too connected to the world.

...for you are a chosen people. You are royal priests, a holy nation, God's very own possession...1 Peter 2:9 (NLT)

Then the disciples came to Jesus in private and asked, "Why couldn't we drive it out?" He replied, "Because you have so little faith. Truly I tell you, if you have faith as small as a mustard seed, you can say to this mountain, 'Move from here to there,' and it will

move. Nothing will be impossible for you." But this kind does not come out except by prayer and fasting." Matthew 17:19-21 (NIV)

Jesus gives two solutions:

- Prayer connects us to God.
- Fasting disconnects us from the world.

Do not be conformed to this world.. Romans 12:2 (ESV)

Do not love this world nor the things it offers you, for when you love the world, you do not have the love of the Father in you. 1 John 2:15 (NLT)

Practical:

- Set an objective.
 - I declare my dependence on God.
 - Ask for forgiveness.
 - Refocus on the eternal.
 - Invite the presence of God in my life.
 - Believe God for specific needs.
- Decide what kind of fast you will do.

- Expect results.

Then your light will break forth like the dawn, and your healing will quickly appear; then your righteousness will go before you, and the glory of the LORD will be your rear guard. Then you will call, and the LORD will answer; you will cry for help, and he will say: Here am I. Isaiah 58:8-9 (NIV)

Have Questions? Text them to: (559)464-5754

Here are some questions that can be used in Connection Groups:

These questions also work well for personal time with God.

- What are you like when you're hungry? (Are you like the Snickers commercial?)
- Have you fasted before? What kind of fast did you do? (See "Types of Fasts")
- How is fasting a discipline of "offering ourselves" to God?
- The problem Jesus identifies in Matt. 17:17 is a connection problem. Do you see that connection problem in your own life? Do you find that you are: 1) Not connected enough to God? 2) Too connected to the world? 3) Some of both?
- How does fasting disconnect us from the world? What does being disconnected from the world mean to you?
- As we set an objective for our fast, discuss the five bullet points and what each of these mean to you personally?
- What type of fast have you decided to do? Are you in need of encouragement?

Connection Group Leaders: Remind your group of the following announcements:

Stepping Up Class - 1/15 **Snow Day** - 1/28

For more information, and other talks, visit us at
www.faithisaquest.com/media/talks/