

Introduction:

1. One fast food chain has the slogan "The Crave Is A Powerful Thing". What food is most likely to have that power over you?
2. What has been your own experience with fasting?

Understanding:

3. Read Jeremiah 36:6. What is the connection between fasting and Experiencing God's Word?
4. In John 4:34 it says **"My food," said Jesus, "is to do the will of him who sent me and to finish his work."** What is your most rewarding experience of serving being like food? How might this increase?
5. Read Philippians 3:19. Think of stress, boredom, loneliness, etc. When are you most likely to make food into a god?
6. Pastor Dave quoted the medieval writer Thomas a Kempis: "Refrain from gluttony and thou shalt the more easily restrain all the inclinations of the flesh." How many Christian books nowadays deal with gluttony? Why do you think this is? How do you react to the Kempis quote?
7. Read Luke 18:9-14 noting especially v. 12. Why is the fasting here worthless? What is the warning to us?
8. Read Psalm 51:17. How might this verse connect to having a good heart attitude in fasting?

For question 9 thru 11 Read Isaiah 58:3-12. This is a classic passage about fasting. At the start of verse 3 people are saying how great they are at fasting. The rest is God's reply.

9. In Verse 5 the Lord is sarcastic. How is this a caution to our own hearts as we plan to forge ahead in fasting?
10. In verses 6-12 how do you experience God's presence in fasting?
11. In verses 6-12 how do you experience God's work in fasting?

Application:

As you move towards application keep this in mind about fasting: We don't have to do this; we get to do this. Fasting is an invitation from God to experience more of Him.

12. Try to implement some of Pastor Dave's fasting suggestions.
 - A. Start small. Don't be a hero. Start with skipping one meal. So if you skip lunch, you go from breakfast to dinner; that's about 12 hours. If you normally eat three times a day, skip one meal. And just do that once a week for a few weeks.
 - B. The next step is really key—and that is skipping two meals. So you eat dinner, and then you refrain from eating until dinner the next day.
 - C. You could consider lengthening it from a 24-hour to a 36-hour fast, skipping 3 meals.
13. Lori's fasting story that Pastor Dave referred to in the sermon will be posted on the Chapel Facebook page Monday. Check it out.