

# Disciplined Disciples

**Northwest Church of Christ:** Young Adults

**Winter Quarter:** 2014-2015

**Topic:** Fasting



When is the last time you sat through a sermon or Bible class that dealt strictly with the topic of fasting? It is a Biblical topic that is discussed occasionally but not in keeping with the numerous references the scripture provides. Join us as we examine some key principles as it pertains to the subject of fasting.

## Important Scriptures

- **Matthew 6:16-18**-“And when you fast...”
- **Luke 5:35**- The days will come when the bridegroom is taken away from them, and then they will fast in those days.
- **Matthew 6:1**-“Beware of practicing your righteousness before other people...”
- **Acts 14:23**- “... with prayer and fasting they committed them to the Lord in whom they had believed.”
- **Matthew 6:33**- But seek first the kingdom of God and his righteousness, and all these things will be added to you.

### #1. Should we fast?

- Matthew 6:16-18
- Luke 5:35
- These passages show clear indication that Jesus expected His disciples to fast. “when you fast” and “they will fast”

### #2. What God does NOT want fasting to be about.

- Fasting is not about you. Matthew 6:1
- Story about two boys “fasting” while at church camp
- Fasting was not something to be done in order to receive attention or glorification from men.

### #3. What fasting needs to be about.

- God/ Your relationship with Him
- Acts 14:23, Daniel 9:3, Luke 2:37 all include prayer along with fasting.

- Fasting was a means of dedicating the time/energy spent focused on something else and giving that to God.
- Jesus refers to His “food” John 4:34
- Acts 14:23- was about appointing elders
- Daniel 9:3- was about praying for forgiveness
- Psalm 35:13- was about praying for the sick



## Discussing the Word

1. When is the last time that you spent time fasting?
2. Why do you believe we do not discuss fasting very often within the church?
3. Do you believe that fasting can teach us to depend on God more?
4. If you have spent time fasting, how did it affect your walk with God?



### #4. How Can I Fast?

- Give up food for a period of time
- Give up social media for a period of time
- Give up Dr. Pepper for a period of time
- Give up reading (not the Bible) for a period of time
- Give up music for a period of time.
- There are a variety of ways that we can set aside things of this world to clear room for God to show Him how important He is to us.
- **Matthew 6:33**- But seek first the kingdom of God and his righteousness, and all these things will be added to you.
- **Is there anything that you would not give up?**