

The Discipline of Fasting

1 Corinthians 6:12, 9:26-27; Philippians 3:7-8

Fasting is More than Not Eating

There are _____ principles that help us live for Christ in a country of self _____.

1. Just because we _____, doesn't mean we _____.

1 Corinthians 6:12

For example:

➤ Making _____ -

Proverbs 23:4-5

➤ Eating _____ -

Proverbs 25:16

➤ Visiting your _____ -

Proverbs 25:17

God has given us things to _____, but we must not let them _____ over us.

Luke 8:14

2. There is no _____ - _____ for the Christian life – It takes focused, purposeful living.

1 Corinthians 9:26

1 Corinthians 9:24

Hebrews 12:1

Philippians 2:2

3. Self-discipline and self-control keep us from _____ from _____ for Christ.

1 Corinthians 9:27

➤ An _____ life leads inexorably to _____.

Titus 1:16

Galatians 5:13

➤ A disciplined life leads to a _____ life.

Philippians 3:13-14

2 Timothy 4:7-8

Negative Examples:

➤ _____

4. Living for Christ means _____ the world.
Philippians 3:7

The world's value in our life must _____.

Colossians 3:7-8

1 John 2:15

➤ The world does not offer _____ rewards.

Psalms 17:14

2 Corinthians 4:18

5. There is _____ that has more _____ than living for Christ.

Philippians 3:8

➤ _____ is the greatest reason for living.

1 Peter 1:8

➤ Voluntarily _____ (fasting) from that which I have a right to is an act of _____ for Christ.

Some Examples:

_____:

2 Corinthians 11:27a

_____ physical _____:

1 Corinthians 7:5

Basic _____ -

Old Testament example:

Leviticus 23:28-29

New Testament example:

Matthew 16:24

Titus 2:11-12 NIV

Homework:

1. Commit to a _____ hour fast (after supper on the first day culminating with supper on the second day). What was this _____ like for you?

2. Comment on the following statement. "Christians in a _____, denial-less, self-indulgent society may struggle to accept and to begin the practice of fasting. Few Disciplines go so radically against the _____ and the mainstream of culture as this one" – *Donald Whitney*.

3. Are you willing to put aside your _____ for an extended period of time, in order draw close to Christ? Why or why not.