

Fasting: The Forgotten Discipline

Series: *First Things First*
– Matthew 9:14-15 –

1. Reasons Not To Fast

(a) Do not fast to be noticed by men.

(b) Do not fast to earn God's favor.

2. Reasons to Fast

(a) Fasting Increases our Hunger for God.

(b) Fasting Reveals the Things that Control Us.

(c) Fasting Brings Spiritual Clarity.

(d) Fasting Teaches Us to Trust God.

For further study:

A Hunger For God by John Piper
God's Chosen Fast by Arthur Wallis

Application Questions. . .

1. What part of the text or message had the greatest impact on you? Where were you most encouraged, intrigued, or challenged?
2. How does Christian fasting differ from a hunger strike and fasting for health?
3. Nothing can make God love us more or less. If fasting doesn't change our status before the Lord, why do it?
4. What does it mean to you to learn to feast on God (Matt. 4:4)?
5. Which of the four reasons for fasting especially stands out to you and why?
6. Why do you think that the fasting we see modeled in Scripture has to do with abstaining from food in particular? Is it okay to fast from other things? Apart from food, if you gave up one additional thing to focus on God, what would it be and why?
7. What have you learned from your failures with fasting? What have you learned from your successes?

