



**Fred Luter, Jr. – Senior Pastor**

**Exalting, Equipping, Evangelizing**

Bible Study

Wednesday, January 3, 2018

### **“FASTING AND BEYOND”**

Our church is into the second day of our church-wide fast that started on Tuesday, January 2<sup>nd</sup>, and will end on Monday, January 22<sup>nd</sup>. Most of us are accustomed to abstaining from certain types of food (fried), beverages (cold drinks), and even snacks, and desserts. However, in this lesson, we will look at other things you can choose to do while you are fasting. In other words, this lesson is designed to help you to go beyond traditional fasting.

#### **I. Biblical Fasting**

1. The spiritual discipline of abstaining from food and liquids for spiritual purposes. *Joel 1:14*
2. Dedicate the time you would take to prepare and eat a meal to Bible reading, Bible meditation, and prayer. *Judges 20:26*

#### **II. Fasting And Beyond**

1. Voluntary denial of certain normal functions.
  - Watching television
  - Playing video games
  - Some form of social media
  - Shopping
2. Silence and Solitude *Matthew 14:23*
  - To hear the voice of God better
  - To seek the will of God
3. Journaling
  - Putting your inner most thoughts down on paper.

#### **III. Reasons To Fast**

1. Renewal in marriage, salvation for lost family members, victory over an addiction or stronghold, direction for a decision, spiritual growth, etc.

#### **IV. Your Questions???**

Brothers and sisters remember, skipping meals alone, will not result in a meaningful fast. You must set aside time to read your Bible, pray, and spend time alone with God.