

The Spiritual Disciplines of a Christian – Fasting Overview

The EXPERIENCE Bible Study

December 14 2021

Rev. John F. Kenney, M. Div.

What is Fasting?

- The voluntary abstention from food for a prescribed period as a sign of religious devotion.
- “putting ourselves in a spiritual straitjacket of disciplining our spiritual character” (Oswald Chambers)
- Hardship placed upon the body for the sake of developing a spiritual life.
- Spiritual act of devotion to God, and God alone.

Biblical Seasons for Fasting

- Personal/National mourning – Nehemiah 1:1-11)
- Repentance of Sin (1 Samuel 7:1-6; Jonah 3:1-5)
- Seeking counsel/discernment for decisions (Ezra 8:21-23; Acts 13:1-3)

Reasons To Fast

- Difficult decision to make
- Major life change
- Seeking to draw closer to God
- Repenting from sin
- Seeking deliverance
- Seeking God's protection

How Are You Called To Fast?

- Holy Spirit-led
- Spiritual authority in your life
- Partnering with someone over an issue in their life
- Christian season of fasting (Lent)

Fasting Is?

- Weakening of flesh
- Strengthening of spirit

Why is Fasting Powerful?

- It enables us to win the war by breaking the grip of sin's power (Matthew 4:1-11)

Fasting Guidelines



Give

3

**WAYS
TO
GIVE**



Mail a check to
Third Baptist Church
1214 Victoria Blvd
Hampton, VA 23661



www.thirdbaptisthampton.org

Click: Give

OR

Text "1214V" to 73256



Prayer

Lord God, as we approach this upcoming season in our lives, give us the ***stamina*** to stay focused and the ***strength*** to persevere. Help us to see the blessings in our commitment to Your call on our lives. When we become ***fearful*** over the next step, ***ease*** our anxieties. When we become ***weak*** during our effort, ***supply*** us with grace. When we feel like ***giving up*** during this fast, give us the ***drive*** to keep pushing. In Jesus name, Amen.