

Week 7

Fasting

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Fasting “is a desperate measure, for desperate times, among those who know themselves desperate for God.”

-David Mathis

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- Some reasons, or some of these spiritual purposes are (and I borrow these from Donald Whitney):

- For the strengthening of prayer (Ezra 8:23; Joes 2:13; Acts 13:3)
- For seeking God's guidance (Judg 20:26; Acts 14:23)
- For expressing grief (1 Sam 31:13; 2 Sam 1:11-12)
- For expressing repentance and returning to God (2 Chron 20:3-4; Ezra 8:21-23)
- For humbling oneself before God (1 Sam 7:6; Jonah 3:5-8)
- For expressing concern for the work of God (1 Kings 21:27-29; Psalm 35:13)
- For ministering to the needs of others (Isa 58:3-7)
- For overcoming temptation and dedicating yourself to God (Matt 4:1-11)
- It strengthens you (Jesus was hungry, but he was also strong and ready for Satan's temptations)
- for expressing love and worship to God (Luke 2:37)


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Suggestions on how to not make fasting harder than it already is (or harder than it has to be):

- Start small
- Strategize
- Switch it up
- Seek Jesus
- Do it in Secret

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