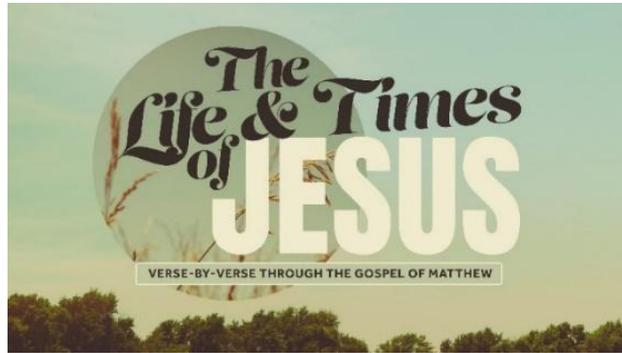


## FELLOWSHIP NOTES ~ SUNDAY, JULY 13<sup>th</sup>, 2025



### The World's Greatest Sermon - Part 8: "BEWARE of Hypocrisy" (Part 6)

Matthew 6:16-18

#### Theme of Jesus' Sermon on the Mount: Kingdom Citizenship

##### Kingdom Principle:

**Only kingdom righteousness that seeks the glory of God will result in reward from him.**

#### Applying Kingdom Citizenship in...

1. Generosity that pleases God – Matt. 6:2-4
2. Prayer that pleases God – Matt. 6:5-15
3. **Fasting that pleases God – Matt. 6:16-18**

Principle for Kingdom Fasting – Matt. 6:17-18

When you fast, don't do anything to impress others or attract attention, but remember that only fasting that seeks to glorify God will be rewarded.

#### Biblical Fasting

- What is biblical fasting? The most common example of fasting in the Bible is the voluntary and deliberate abstinence from food (not water) for spiritual purposes especially concentrated prayer, repentance, and a deep desire to grow closer to God.
- Fasts can also be partial (limited dietary intake), absolute (food and liquids), private (Matt. 6:16-18), congregational (Joel 2:15-16), and national in nature (2 Chron. 20:3).
- Jesus gave no command to fast, nor did he provide specific guidelines concerning the frequency of fasting, although it seems he expected fasting would be included in our walk with him (Matt. 6:16).
- The only fast commanded in Scripture is the one associated with the Day of Atonement (Lev. 16:29; 23:27). This was an annual, national fast including everyone in Israel.

Because the Day of Atonement ceased when Jesus made the once-for-all sacrifice on the cross (Heb. 10:10), this fast is no longer necessary.

- Many faithful Old Testament men and women fasted: Moses, Sampson, Samuel, Hannah, David, Elijah, Ezra, Nehemiah, Esther, Daniel, etc.
- Many faithful New Testament men and women also fasted: Anna, John the Baptist, Jesus and his disciples, the Apostle Paul, etc.
- Many non-biblical church fathers and leaders also fasted: Luther, Calvin, Wesley, Whitefield, etc.
- Most importantly, fasting should always be conducted for a biblical, spiritual purpose (this purifies our motives for fasting)
- The use of fasting in Scripture:
  - During times of sorrow or grief – 2 Sam. 12:16; 3:35; Ps. 35:13
  - During times when God’s guidance is needed – Judges 20:26; Acts 14:23
  - During times of overwhelming danger – 2 Chron. 20:3; Esther 4:16; Ezra 8:21-23
  - During times of intense spiritual warfare – 2 Sam. 12:16; 1 Kings 21:27; Ezra 10:6; Jonah 3:5,7
  - During times of concern for the work of God and the glory of God – Neh. 1:3-4
  - Preceding or during an important life/ministry event – Matt. 4:2; Acts 13:2-3
  - Always linked with prayer
  - Always linked with proper motives and obedient living – Zech. 7:5, 9-10; Isa. 58:5-9
  - Can be adapted to your situation – Dan. 1
  - View fasting as God’s gift to you, not your gift to him.
- The Path to Fasting:
  - Confess and repent of any fear of fasting
  - Fast personally as the Holy Spirit directs
  - Fast with the corporate body as church leadership directs
  - Pick a fast now and put it in your schedule as a way of showing the Lord your spiritual hunger for him

### **Available in Fellowship Café**

Booklet: The Power and Joy of Biblical Fasting

### **Available at the Tower in the Lobby**

Articles: How to Begin Fasting

Boost Your Prayer Life with 10 Tips for Successful Fasting

How to Conduct a 24-Hour Fast



# Growth Groups and Personal Study Guide for October 13<sup>th</sup> – October 20<sup>th</sup>

## 40 Days of Unceasing Prayer: “Perseverance in Prayer”

### Reminders:

- For this week, read (days 29-35) in your 40 Day devotionals.
- Our Annual Fellowship Summit is coming up on Thursday, October 30<sup>th</sup> – Saturday, November 1<sup>st</sup> at Hidden Acres. Registration is OPEN NOW and CLOSES OCTOBER 19<sup>th</sup>
- We are preparing for our biggest community outreach of the year! 70,000+ lights synchronized to Christmas music will cover our property as people drive by the live nativity scene, plus enjoy free cookies and hot cocoa brought to their vehicles. This is the perfect opportunity to gather your Growth Group and serve as a Light Team in putting up lights in the trees and bushes on the property. **Light Leader Training Day: Saturday, October 25<sup>th</sup> at 8:00am**

### Opening Discussion:

- How has your perspective on prayer changed as you have been reading “Prayer with No Intermission”?
- What are some reasons that people give up on prayer?

Today, we’re going to learn how to persevere in prayer when we want to give up.

**Read Ephesians 6:10-18 together (Have someone pray before you begin the video)**

### Play Week 4 Video:

#### To Persevere in Prayer, we must...

1. Pray at \_\_\_\_\_.
2. Pray with \_\_\_\_\_.
3. Pray with \_\_\_\_\_.
4. Pray for \_\_\_\_\_.

### Group Discussion:

- What was one takeaway for you from Bill’s message? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

- What is one takeaway from the devotionals this week you'd like to share?
- 
- 

### Worship-Based Prayer Time:

#### ***Read & Pray – 1 Peter 5:1-11***

##### Reverence:

- **I praise you Good Shepherd, that you cared for me when...**

##### Response: (Read verse 5)

To “be clothed” literally means to tie something on oneself with a knot or a bow. This term was often used of a slave putting on an apron over his clothes in order to keep his clothes clean. *Humility* is literally “lowly mindedness,” an attitude that one is not too good to serve.

- **Lord, because you give grace to the humble, I choose to humble myself when... (when and where are you tempted to be proud?)**

##### Requests: (Read verse 7)

**Cast** means “to throw something upon someone or something else.” This word suggests a deliberate decision of trust. We are to trust God with our **anxiety**, the things we worry about. Christians are to cast all of their discontent, discouragement, despair, and suffering on the Lord, and trust Him for knowing what He is doing with their lives.

- **Lord, because You care for me, I cast on you my care of...**

##### Readiness: (Read verses 8-9)

The Christian response to satanic opposition is not panic or fear but firm resistance. **Resist** means “to withstand,” or “to stand up against.” It is a term of defense and victory.

- **Lord, strengthen me to stand firm in the power and victory you provide when Satan tempts me to...**

##### (Read verses 10-11 together)

<sup>10</sup>The God of all grace, who called you to his eternal glory in Christ, will himself restore, establish, strengthen, and support you after you have suffered a little while. <sup>11</sup>To him be dominion forever. Amen.

**Play Video: *You've Already Won (Live)* | Shane & Shane (if there's time and you feel led)**

[https://www.youtube.com/watch?v=sM0ovt\\_nbd4&list=RDsM0ovt\\_nbd4&start\\_radio=1](https://www.youtube.com/watch?v=sM0ovt_nbd4&list=RDsM0ovt_nbd4&start_radio=1)