

PARTICIPANT'S GUIDE COURSE FOURTEEN

SPIRITUAL FASTING

PART 1

FROM SOUP TO NUTS

How to Use This Guide

This self-study guide is a companion document to the video course “Spiritual Fasting – Part 1” This guide will help you get a comprehensive look at how to do a spiritual fast.

Each Glory to Glory Study guide is organized around five areas of learning:

1. **Synopsis of Key Learning** - The synopsis will provide summaries of key points from the video that are important for you to understand and serve as foundational knowledge for the next course in the learning series.
2. **Important Vocabulary and Concepts** - This study guide will provide explanation of important words or ideas that are critical to understanding biblical truth.
3. **Deeper Learning** - The more you know and understand about who God is and how He works, the deeper in love you fall. God wants to have a deep and abiding relationship with you. He desires for you to know Him. This section of guide will give you additional insights into the teaching from the video for you to study on your own. If you have questions, there will be mentoring moments in the online school for you to get your questions answered.
4. **Life Application** - God calls for us to not just be a hearer of His word, but a doer also. (James 1:22). This means that God expects for us to apply what we learn about Him in our everyday lives. This section of the study is to help you think about the ways to apply what you learn from the course to your everyday life.
5. **Memory Scriptures** - Scriptures that support key concepts in the course will be highlighted. We encourage you to memorize these scriptures by meditating on them until they are hidden in your heart. When you hide God's word in your heart, it makes it hard for the enemy to deceive you. In this way, you are less likely to sin against God. (Psalm 119:11)

Introduction to Course Fourteen

There are 3 primary reasons people go on a fast. Some do it for weight loss purposes, others do it for health reasons and then there are those who do it for spiritual reasons. When we do a spiritual fast it is generally to get delivered from something that we couldn't with just prayer. On a spiritual fast you draw closer to God and you receive answers to your prayers. It offers clarity and sharpens your spirit to hear the Holy Spirit better.

Maintaining the Voice of God	
Synopsis	<p>In order to properly start a spiritual fast, we must first have a goal, or a prayer list of what it is we want the Lord to do on the fast. It is not just enough to abstain from food, but we must also abstain from other things that would cloud how we would hear God.</p> <p>If our confusion has to do with what we are seeing on the television or on social media, then it would be unwise to continue feeding our minds with this when we are seeking God for clarity and His perspective during the fast.</p> <p>Jesus made it very clear that fasting was a part of the Christian walk (Matthew 6:16). He also said that this shouldn't be something that we do in a ritualistic manner (Mark 2:18-22 The Voice).</p> <p>Fasting is necessary when we feel distance from God and we want to become aware of His presence and His Voice. Seeking His will and finding the purpose for which He brought us to this earth becomes very clear when we fast.</p>
Key Vocabulary/ Concepts	<p>Fasting is νέστευό in Greek, Strong's Concordance 3522</p> <p>Tsom in the Hebrew, Strong's Concordance 6685</p> <p>Both words mean to abstain from food.</p>

<p>Deeper Learning</p>	<p>Read Isaiah 58</p> <p>In this chapter the Israelites were confused why God was not impressed with their fasting. They didn't understand why their prayers were not being answered. As you read through the chapter, identify and count each way in which God showed His disapproval. How many did you count?</p> <p>There is one thing that all of these points have in common and that is they are all sin. While today you may not be engaging in any or perhaps just a few of these behaviors, the whole idea of this is that you cannot properly fast without first repenting. While our sin may look completely different from those of the Israelites at that time, the point is that God needs us to repent when we begin our fasts.</p> <p>We are all sinners who have fallen short of the Glory of God (Romans 3:23); therefore, we need to acknowledge this and repent for the ways in which we have sinned if we intend to have a fast that ends with a reward.</p>
<p>Life Application</p>	<p>Have you done a fast before? Did you learn anything new from this class?</p> <p>What are some of the things you will now add or remove when you do your next fast?</p> <p>If you've never done a fast before, start with 24 hours. Try to do it on a day when you are home so that you can remain focused and this should help in case you feel light-headed.</p> <p>I know that abstaining from food will be difficult for some of you due to health reasons, but you can do other things that will help you to draw near to God.</p> <p>Our other ministry, Missionaries Of Prayer, has an ongoing fast that runs for 7 days. It is a guided fast where you will receive emails daily which will help you stay focused. You can eat during the 7 days using "Daniel's diet". You can sign up to join the fast if you have never done one before. Find out more information here.</p>
<p>Memory Scriptures</p>	<p>Isaiah 58:6 "Is this not the fast that I have chosen: To loose the bonds of wickedness, To undo the heavy burdens, To let the oppressed go free, And that you break every yoke?"</p>

	Matthew 17:21 AMP, KJV, NKJV, NASB [But this kind of demon does not go out except by prayer and fasting.]
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Prayer

Abba Father,

Thank you for bringing clarity to our understanding of fasting. I pray that as I embark on a fast in the future, You will guide me by Your Spirit and that I would not be led into it based on a religious practice but wholly guided by You, in Jesus name, Amen