

## PARTICIPANT'S GUIDE COURSE FIFTEEN

# SPIRITUAL FASTING

## PART 2

### FROM SOUP TO NUTS

#### How to Use This Guide

This self-study guide is a companion document to the video course “Spiritual Fasting – Part 2” 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 Fifteen

This is part 2 of a two part series on fasting. In this course we will look at the different types of fasts outlined in the bible and also provide you with a cheat sheet that may help you in selecting the fast that will be best for you

Spiritual Fasting – Part 2	
<b>Synopsis</b>	In the Scriptures we see that there is the dry fast which means no food and water (Exodus 34:28, Matthew 4:1-2, Esther 3:16). There is also what we commonly know as fasting for Christians as the Daniel Fast. While it is not really a fast but a way of eating it does have its benefits as outlined in Daniel 1:3-17. We also see that there are partial fasts Daniel 10:1-12.
<b>Key Vocabulary/ Concepts</b>	Mourning – Hebrew Word is Abal - to Mourn caused lamentations, grieve, grieved, lament, mourn
<b>Deeper Learning</b>	<p>We learnt in this course that there are different fasts that you can do depending on what you are looking to achieve.</p> <p>The most important point is to set goals before you start the fast and consult with the Lord on the type of fast that you should be doing.</p> <p>The key in fasting to get results is that we must do it with obedience in mind. God often reveals to us during the fast what He requires of us. If we don't follow through by obeying these instructions then there is a possibility we won't see any changes.</p> <p>Sometimes our issues stem from hidden sin or perhaps God is working on developing our character. While these can be painful the results lay in our hands. As we obediently begin to walk out what He is teaching us we will see our lives transformed and we will no longer become afflicted.</p>
<b>Life Application</b>	<p><b>Here are some questions for you to ask yourself and the Lord before you start a fast:</b></p> <p>What is the purpose of this fast? Why am I fasting?</p> <p>Is this something that can be fixed by repenting from a sin or turning away from it?</p> <p>How long will I be doing this fast?</p> <p>What kind of fast will I be doing?</p>

	<p>Am I prepared to obey the Lord based on what He reveals during the fast?</p> <p>If this is a corporate fast, are the others who will be joining in the fast in agreement with the goals of this fast? You can read more about <a href="#">the power of agreement</a> here.</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. <a href="#">Find out more information here.</a></p>
<b>Memory Scriptures</b>	<p>(1 Samuel 15:22) “So Samuel said: “Has the Lord <i>as great</i> delight in burnt offerings and sacrifices, As in obeying the voice of the Lord? Behold, to obey is better than sacrifice, <i>And</i> to heed than the fat of rams.”</p>
<b>Prayer</b>	
<p>Abba Father,</p> <p>I come before You asking for guidance in fasting. You know what I am struggling with and I would like You to show me what it is that I need to do to be free from it. I ask that You would reveal to me any hidden sin in my life that has created a doorway or an access point for this to be in place. Father, show me if I need to fast, when I need to fast, how long I need to fast and what fast would be most pleasing to You. I pray for the grace to obey all instructions and guidance You will give me in this process because I know my obedience is more important than the sacrifice of this fast to You, in Jesus name, Amen</p>	