

FASTING

Little is said about fasting today, but there are 55 references in the bible about this great tool of the Christian. It is a discipline exercised by so men and women greatly used of God - not only in the Bible (Moses, David, Elijah, Daniel, Esther, Hannah, Anna, etc...) but also throughout church history (Wesley, Whitfield, Luther, Spurgeon, Booth, Finney, etc...) Every true revival has been preceded by prayer and fasting. This study will help you to understand and teach the scriptural principle of the fast.

Timeline:

- 1 **1 Week Out** - -Start by asking the small group members to read Matthew 6:16-18 the week before and come to the next meeting ready to discuss it
- 2 **3 Days Out** - - You should read "*Fasting*" from the A/G position papers.
- 3 **2 Days Out** - - You should read Matthew Henry's commentary on Matt 6:16-18.
- 4 **1 Day Out** - - You should study the Fasting Discussion Notes and the handout so that you will be ready to teach in the small group meeting.

In the Actual Small Group Meeting :

Teach from the Fasting discussion notes. Have ideas for a practical response - such as:

- Invite them to try a fast together with you. Start small (1 or 2 days) and break it with a meal together. Small group fasts can make some of the most wonderful memories - times of bonding they will never forget.

Resources:

Books:

God's Chosen Fast by Arthur Wallis

Youth Aflame by Winkie Pratney

Celebration of Discipline by Richard Foster