

Discipline

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Fasting

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Fasting and _____ go hand in hand.

Fasting is, simply put, abstaining from food and/or drink for a period of time. But there's also more to it, on a more nuanced level, fasting is also emptying yourself _____ to be filled _____

When to fast:

As _____

In response to significant _____

When not to fast:

When pregnant

When sick or facing medical situations (talk to a doctor first)

For _____ reasons

To guarantee or _____ God or a situation



Post service questions

1. Have you ever practiced self-denial (like fasting, no tech, restricting or reducing things you crave or desire)?
2. Are you scared of fasting, or worried about fitting it into your schedule? Are there creative ways for you to do 'micro-fasts' or other solutions?
3. Can you think of a time that self-denial has produced positive responses (in the long term) in your life, or the life of someone else?
4. Is there someone in your life that you could pray and fast for?

Weekly Challenge

Skip a meal this week and spend time praying and meditating with God during that time.

Monthly Challenge

Create a rhythm of small fasts in your month, maybe a meal or a portion of a day once a week for a month. Pray every time your stomach growls, spend the meal time praying and meditating with God.

3 Month Challenge

Build up to taking an entire day off from eating. Be sure to do this carefully