

I. Fasting “_afflicts_ our _souls_”

Esther 4:16a; Lev 16:29;
Lev 23:32; Acts 27:9

A. Fasting is not for _pride’s_
purposes

Isa 58:3-4; Jer 14:12a;
Acts 23:12, 14

B. We fast to _humble_ ourselves

Ps 35:13; 69:10;
Phil 3:18-19a; Luke 2:37;
Matt 17:21; II Chron 7:14;
Zeph 2:3; James 4:10a;
I Pet 5:6a; Micah 6:8;
Luke 18:14; Joel 2:12;
II Chron 33:10-13;
I Kings 21:27-29; Phil 2:8;
II Sam 22:28; Ps 44:9;
Ps 107:9

Seven benefits of _humility_

1. _Gives_ _grace_ Prov 3:33-34

2. _Guides_ Ps 25:9

3. _Sustains_ Ps 147:6

4. _Lifts_ _up_ Luke 1:52;
James 4:10;
I Pet 5:6

5. _Saves_ Ps 18:27

6. _Esteems_ Isa 66:2b

7. _Dwells_ _with_ Isa 57:15

II. Disciples don’t fast _all_ the _time_, but
they _do_ fast

A. As a spiritual _discipline_

B. In times of _crisis_

I Sam 7:6; Acts 9:9;
Joel 2:12-18; Jonah 3:6-10;
I Kings 21:27;
Ezra 8:21-23; Esther 4:16;
Matt 17:21; Neh 9:1-2;
Dan 9:1-3; 10:1-3, 12-14;
Acts 13:2-3; 14:23;
II Chron 20:1ff;
Deut 9:13-20;
II Sam 12:15-23

III. God gives some fasting _guardrails_

A. With the right _attitude_

B. With _wisdom_

Dan 6:18; Lev 16, 23;
Acts 9:9; Esther 4:16;
Dan 10:3

Care Group Questions

“When You Fast . . .”
Text: Matt 6:16-18

Dave Bechtel

April 20, 2008

1. Did you participate in “Sharefest”? If so, what can you share about your experience?
2. Did you see the clip during the sermon from the movie “Time Changer”? (The movie is about a Bible professor from 1890 who time travels into our modern era.) Do you think that someone who travelled from the 1890’s to our time would be shocked at what Christians allow in their lives today? As you read the Bible, who’s “side” would it seem that the Bible would support about how disciples should live?
3. According to our verses (Matthew 6:16-18), what were the wrong motives of some who were fasting in Jesus’ day? What is another wrong motive that Isaiah exposes in Isaiah 58:3-4?
4. How (as the King James Version translates Leviticus 16:29) does fasting “afflict our souls”? What does afflicting mean? What might be the opposite of afflicting?
5. How does fasting “humble” us? According to the Bible, whose job is it to humble us? How will God step in if we don’t do our job?
6. What are some of the God-promised benefits to the humble? (List at least six.)
7. What are some of the crisis-points when disciples might fast?
8. Have you made fasting a regular part of your spiritual disciplines? Have you fasted during a crisis? (If so, would you care to share about it and how God responded to you?)
9. Did you volunteer to consider fasting for one of the opportunities presented on Sunday? Have you come to a decision about that?

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