

LESSON PLAN FOR THE FASTING SERIES
SERIES NO. 419

<u>LESSON NO.</u>	<u>TITLE</u>
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1	Fasting
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It is possible that some of these lessons may take more than just one class period to complete. When you are teaching these lessons be sure and flow with the speed of the class. Some classes will need extra time for questions and answers, others may fully understand and you can progress rapidly. Don't worry about having to complete any lesson in just one sitting if extra, relevant, discussions arise.

Remember...your only purpose in teaching the Word of God to others is to help them to become strong disciples of Jesus Christ and to share His Spirit and Truth with others.

FASTING

REFERENCE	WHO FASTED	WHY DID THEY FAST	RESULTS OF FASTING	LENGTH OF THE FAST
Deut. 9:9,18				
Judges 20:26				
I Sam. 7:5,6				
I Sam. 31:13				
II Sam. 1:12				
II Sam. 3:35				
II Sam. 12:16-23				
I Kings 19:6-8				
I Kings 21:9,12,27				
2 Chron. 20:3				
Ezra 8:21-23				
Ezra 10:6				
Neh. 1:4				
Neh. 9:1				

FASTING

REFERENCE	WHO FASTED	WHY DID THEY FAST	RESULTS OF FASTING	LENGTH OF THE FAST
Esther 4:1-16				
Esther 9:31				
Psa. 35:13				
Psa. 69:10				
Psa. 109:24				
Isa. 58:3				
Isa. 58:4				
Isa. 58:5				
Isa. 58:6				
Jer. 14:12				
Jer. 36:6				
Jer. 36:9				
Dan. 6:18				
Dan. 9:3				

FASTING

REFERENCE	WHO FASTED	WHY DID THEY FAST	RESULTS OF FASTING	LENGTH OF THE FAST
Dan. 10:3				
Joel 1:14				
Joel 2:12				
Joel 2:15				
Jonah 3:5				
Zec. 7:5				
Zec. 8:19				
Matt. 4:1,2				
Matt. 6:16-18				
Matt. 9:14,15				
Matt. 17:19-21				
Mark 8:3				
Luke 2:37				
Luke 18:9-14				

FASTING

REFERENCE	WHO FASTED	WHY DID THEY FAST	RESULTS OF FASTING	LENGTH OF THE FAST
Acts 9:1-9				
Acts 10:25-30				
Acts 13:1-3				
Acts 14:21-23				
Acts 27:33				
I Cor. 7:5				
II Cor. 6:5				
II Cor. 11:23-27				

FASTING

Fasting is the denial of a physical desire (eating) and exercise of the spirit (will) in order to meditate and pray.

1. How fasting was used in the Bible

A. Old Testament

- To receive guidance from God
- To show repentance
- To appeal for mercy
- To mourn

B. New Testament

- To build or maintain strong faith
- To receive guidance from God
- To give full attention to meditation and prayer

2. Purpose of Fasting

- To bring about a change in the individual
- To take your mind/focus off your own physical needs and desires
- An attitude of humbling yourself before the Lord, to focus on communing with Him
- For your benefit, to place your broken/contrite heart before God in repentance
- To appeal God to act on your behalf
- A means of demonstrating your sincerity and commitment to the Lord

3. Practical Results/Parallels to the benefits of participating in communion

- To strengthened inner self
- Testifies to a spiritual walk in your life
- Both are an act. Fasting doesn't save, or cause God to save or do anything for you.