



Fasting Cheat Sheet

EPISODE



CORE CONTENT



Why of Spiritual Fasting

- Get a Firm Why
- The strongest why are from God's Word
- 10+ solid whys outlined in the Bible
- Follow prompting from the Lord to fast
- Always seek God's character during fasting

How to Do a Spiritual Fast

- You need a "why" to accomplish "how" to fast
- Eliminate "fail" and "quit" from your
- Fasts in scripture are from food, but God honors consecration
- Endurance in fasting starts with hope

The Blessing of Spiritual Fasting

- If you want God's blessing, follow his promises!
- God blesses perseverance
- Fasting helps us identify with Christ's suffering
- We can tap into God's authority through fasting

Common Fasting Fallacies

- God prescribes things that are painful
- God will lead us to uncomfortable spaces
- Fasting is not about perfection or willpower
- Fasting in community is powerful
- Rewards from God come from obedience, not sacrifice
- Expect God to what he said, not what you want

Prayer and Fasting - Developing a Plan to Thrive

- This investment will deepen your relationship with God
- Joy in fasting is found when you discover God through fasting
- Fasting is more difficult without focus
- Plan on replacing tendencies
- Expect to get off track, then get back on!
- How you finish a fast is as important as the start
- Your #1 adversary is your mind. Authority in your mind is key to finishing well.