

**FULLY FUNCTIONING FOLLOWERS GROW**  
**PART 4: FASTING - GIVING UP TO GO UP**  
**June 23, 2019**

“Practice these things, immerse yourself in them, so that all may see your progress.”  
1 Timothy 4:15 (ESV)

WHAT OCCUPIES MY FREE TIME? \_\_\_\_\_

HOW OFTEN DO I \_\_\_\_\_ WITH \_\_\_\_\_ DAILY?

**A. FASTING DEFINED:**

FASTING - GIVING UP SOMETHING I \_\_\_\_\_ ON TO MORE FULLY  
\_\_\_\_\_ ON \_\_\_\_\_.

- \_\_\_\_\_ ; \_\_\_\_\_ ; \_\_\_\_\_

**B. WHY FAST**

Matthew 6:2                      **WHEN YOU** \_\_\_\_\_  
Matthew 6:5                      **WHEN YOU** \_\_\_\_\_  
Matthew 6:15                      **WHEN YOU** \_\_\_\_\_

“Though one may be overpowered, two can defend themselves. A cord of three strands is not quickly broken.”  
Ecclesiastes 4:12 NIV

“Then John’s disciples came and asked Him, ‘How is it that we and the Pharisees fast often but Your disciples do not fast?’ Jesus answered, ‘How can the guests of the bridegroom mourn while he is with them? The time will come when the bridegroom will be taken from them; then they will fast.’”  
Matthew 9:14-15 NIV

- \_\_\_\_\_ SAID \_\_\_\_\_ WILL FAST.

“Then Jesus declared, ‘I am the bread of life. Whoever comes to Me will never go hungry, and whoever believes in Me will never be thirsty.’”  
John 6:35 (NIV)

- **FASTING BRINGS** \_\_\_\_\_ **CLOSER TO** \_\_\_\_\_.

"Blessed are those who hunger and thirst after righteousness, for they shall be filled."

Matthew 5:6 NIV

"Yet when they were ill, I put on sackcloth and humbled myself with fasting...."

Psalm 35:13 NIV

### C. SOME OF THE BENEFITS

1. GAIN \_\_\_\_\_
2. GAIN \_\_\_\_\_
3. DEEPER \_\_\_\_\_
4. OVERCOME \_\_\_\_\_
5. RENEWED \_\_\_\_\_
6. MORE EARNEST IN \_\_\_\_\_

• IF IT MEANS SOMETHING TO \_\_\_\_\_ IT MEANS SOMETHING TO \_\_\_\_\_.

• FASTING FROM \_\_\_\_\_ THINGS IS \_\_\_\_\_ ON \_\_\_\_\_.

"Jesus answered, 'It is written: Man shall not live on bread alone, but on every word that comes from the mouth of God.'"

Matthew 4:4 NIV

**THIS WEEK I WILL GIVE UP \_\_\_\_\_ TO BECOME MORE DEPENDENT ON GOD.**

#### MY NEXT STEP THIS WEEK IS ...

- Commit to giving something up I depend on to seek God.
- Commit to increased prayer life .

### REFERENCES/RESOURCES

Matthew Chapter 6

Franklin, Jentezen, Fasting, (Charisma House, Lake Mary, FL, 2008).

Gregory, Susan, The Daniel Fast, (Tyndale House Publishers, Carol Stream, IL, 2010).

Searcy, Nelson, Ignite, (Baker Books, Grand Rapids, MI, 2009).