

# HOW TO GET THE MOST OUT OF FASTING

## Bible Class Worksheet

### **► CHAPTER 1 ◀**

Fasting is often defined as the practice of abstaining from food or eating sparingly of foods. While this is served as a general definition for the English student, it does not in any way show the Biblical definition of fasting. To understand this, you must hear the words of Jesus to his disciples who wanted to cast out devils and have superior authority over the complexities of this life.

*When on a given occasion the disciples found themselves possessed with an inability to activate their testimony and to accomplish all that had been promised to them through the Spirit, they turned to Jesus and asked Him what was the reason for their hindrance.*

1) What was Jesus' explanation? (Matthew 17:21) \_\_\_\_\_  
\_\_\_\_\_

2) Biblically, fasting is indeed the abstinence from what? \_\_\_\_\_

3) Fasting must be accompanied by what in order to be consequential? \_\_\_\_\_

### **GENERAL PURPOSES FOR FASTING**

1) Fasting today carries a multiplicity of purposes. Give examples:

2) The church fasts in order to do what? \_\_\_\_\_

### **► CHAPTER 2 ◀**

1) Why do we fast? \_\_\_\_\_

2) The Lord explains in the Old Testament, My people are destroyed for lack of what?

(Hosea 4:6) \_\_\_\_\_

**Our Dual Nature:**

*Fasting is based on a humanistic principle. Inasmuch as man is more than a spirit but a body and a soul as well, it is important that you understand that there is a dual nature existing within him.*

- 1) The soul and spirit of man is? \_\_\_\_\_
- 2) The body is? \_\_\_\_\_
- 3) The soul and the spirit of man are celestial or \_\_\_\_\_
- 4) The body of man is terrestrial or \_\_\_\_\_
- 5) There is always the conflict of that which is \_\_\_\_\_ opposing that which is \_\_\_\_\_

*“For the flesh lusteth against the Spirit, and the Spirit against the flesh: and these are contrary the one to the other: so that ye cannot do the things that ye would.” (Galatians 5:17)*

**1 JOHN 2:16**

6) Temptations always come by one of three avenues:

- 1) The lust of the \_\_\_\_\_
  - 2) Lust of the \_\_\_\_\_
  - 3) Pride of \_\_\_\_\_
- 7) Unless one learns to fast, his fleshly appetites will eventually \_\_\_\_\_ his spirit being.

*“But every man is tempted, when he is drawn away of his own lust, and enticed. Then when lust hath conceived, it bringeth forth sin: and sin, when it is finished, bringeth forth death.”  
James 1:14-15*

**Scriptural References: (Look Up)**

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| <ul style="list-style-type: none"><li>➤ Romans 8:7</li><li>➤ I Cor. 2:7-16</li><li>➤ I Thess. 5:23</li></ul> |
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## **■The Drives of This Body**

- 1) A person who is a faster, is one who gains self-\_\_\_\_\_.
- 2) Jesus teaches that if a man will be his disciple, he must first \_\_\_\_\_ himself.  
(Matt. 16:24, Mark 8:34)

## **■Fasting is Good For Health**

- 1) The psychologist, the hygienist, and the physician all testify that fasting is good you're your \_\_\_\_\_.
- 2) God automatically signals the body to go without \_\_\_\_\_ during certain illnesses.
- 3) Contrary to foolish belief, fasting is not detrimental to health, but fasting is good for \_\_\_\_\_.

## **BIBLICAL PURPOSES FOR FASTING**

**In order to be successful in fasting, one must understand the purpose for which God has instituted fasting.**

**The Bible teaches that men and women fasted on various occasions among which were:**

1. During the time of public calamity (II Samuel 1 -2)
2. During the time of private affliction (II Samuel 12:16)
3. During the time of affliction (Psalms 35:13; Daniel 6:18)
4. When danger was approaching (Esther 4:16)
5. During the ordination of ministers (Acts 13:3; 14:23)
6. During the time of bereavement (the death of Saul and sons) (I Samuel 31:13)
7. By David at the time of Saul's death (II Samuel 1:12)
8. By David during the sickness of his child (II Samuel 12:6)
9. of By David during the time Abner's death (II Samuel 3:35)
10. To call a nation to God (Joel 1:14,2:12,13,15)
11. To save a people from destruction (Jonah 3:5)
12. To cast out devils (Matthew 17:21)
13. To intercede for others (Isaiah 58:3-7)

### ***WISDOM KEYS:***

- 1) It is also important in fasting to keep in one's mind the \_\_\_\_\_ for each fast.

- 2) One does not need the Lord to tell him to \_\_\_\_\_.
- 3) Fasting then should be entered into in an extremely positive \_\_\_\_\_.
- 4) Fasting deadens the \_\_\_\_\_ senses and makes keen the \_\_\_\_\_ senses, and thus brings to us spiritual knowledge.
- 5) When you are fasting in a habitual sense-one day a week or two days a week-do not allow the habit to become an exercise without \_\_\_\_\_ or \_\_\_\_\_.
- 6) When we fast habitually, it is important to keep in mind that fasting is a \_\_\_\_\_ unto the Lord.

### **GOAL SETTING IN FASTING**

*Always set a primary and an intermediate goal in your fasting.*

- 1) The primary goal is to release your spirit by denying your \_\_\_\_\_.
- 2) And to allow your spirit to be free in the exercise of the will \_\_\_\_\_.
- 3) This is accomplished by \_\_\_\_\_ the flesh.

### **20<sup>TH</sup> CENTURY REASON FOR FASTING**

- 1) One can use fasting as a period of great \_\_\_\_\_.
- 2) Fasting removes any hindrances which keep one from contacting \_\_\_\_\_ in the sincerity of one's will.
- 3) When you fast there is a clear line of communication between you and God because your \_\_\_\_\_ desires, thoughts, and motives have been denied and thus not a part of what you are praying for.
- 4) Set a \_\_\_\_\_ or \_\_\_\_\_ objective for the fast.
- 5) Often a person will fast for spiritual \_\_\_\_\_, using this particular time to say, *Lord, teach me to live in the Spirit, so that I can have strength to overcome the evil one.*
- 6) We do not use fasting as a means to \_\_\_\_\_ God.

## ETERNAL GOALS IN FASTING

- 1) Fasting has \_\_\_\_\_ consequences.
- 2) To get the most out of your fasting, keep in mind that what you're doing today will affect where you'll be \_\_\_\_\_.
- 3) Fasting brings about the ability to become mighty in the \_\_\_\_\_.

## THE NATURAL THING TO DO

1. What kind of experience should fasting be? \_\_\_\_\_
- 2) How should a person's physical hygiene be when on a daily fast or an extended fast?  
Matt. 16:18 \_\_\_\_\_
- 3) Naturally speaking, in order to get the most out of your fasting, try to \_\_\_\_\_  
less. *As you begin to relax and sleep, it will tire your body faster and cause your spirit to become drowsy.*
- 4) State your \_\_\_\_\_ goal, then your secondary or natural, or temporal goal.
- 5) Set a chart and dictate (to yourself) the time of prayer. Try to pray not less than three (3) times a day. \_\_\_\_\_, \_\_\_\_\_, and night.
- 6) When one is fasting, they should read what book? \_\_\_\_\_
  - a. Should you read it more or less during fasting? \_\_\_\_\_
- 7) What books of the Bible are especially beneficial for you to read when on a fast?
- 8) What should you do with the scriptures to make them more beneficial to you while fasting?
  - 1.
  - 2.