

### WEEK 3: Fasting

*As for us, we have all of these great witnesses who encircle us like clouds. So we must let go of every wound that has pierced us and the sin we so easily fall into. Then we will be able to run life's marathon race with passion and determination, for the path has already been marked out before us. We look away from the natural realm and we fasten our gaze onto Jesus, who birthed faith within us and who leads us forward into faith's perfection. ...*

Hebrews 12:1- 2 (TPT)

• Fasting is a \_\_\_\_\_ to \_\_\_\_\_ quickness.

• Fasting is temporarily giving up what you \_\_\_\_\_ to tap into what you \_\_\_\_\_.

*"When you fast, don't look like those who pretend to be spiritual. They want everyone to know they're fasting, so they appear in public looking miserable, gloomy, and disheveled. Believe me, they've already received their reward in full. When you fast, don't let it be obvious, but instead, wash your face and groom yourself and realize that your Father in the secret place is the one who is watching all that you do in secret and will continue to reward you openly."*

Matthew 6:16-18 (TPT)

• Look out for \_\_\_\_\_.

• Look to God \_\_\_\_\_.

• Look for the \_\_\_\_\_.

### Discussion Questions:

1. When you feel empty or restless, what do you do to try to fill the emptiness?
2. What is your attitude toward fasting and self-denial?
3. Share a time when self-denial has brought you something good.

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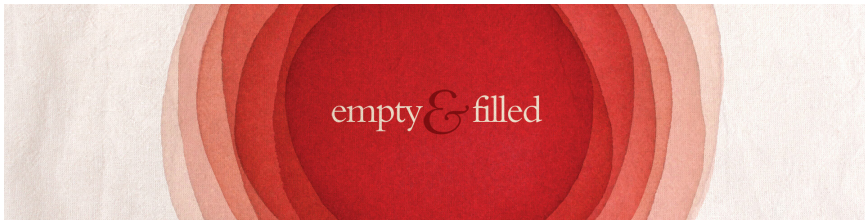
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### Recommended Resources

- *Pauses for Lent: 40 Words for 40 Days*, by Trevor Hudson
- *Journey to the Cross*, by Paul David Tripp
- *Spiritual Disciplines Companion*, by Jan Johnson
- *Fasting for Spiritual Breakthrough: A Practical Guide to Nine Biblical Fasts*, by Elmer Towns
- <https://eastlake.church/next-steps/prayer-fasting/>



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Hebrews 12:1- 2 (TPT)

- Fasting is a KEY to SPIRITUAL quickness.
- Fasting is temporarily giving up what you WANT to tap into what you NEED.

*"When you fast, don't look like those who pretend to be spiritual. They want everyone to know they're fasting, so they appear in public looking miserable, gloomy, and disheveled. Believe me, they've already received their reward in full. When you fast, don't let it be obvious, but instead, wash your face and groom yourself and realize that your Father in the secret place is the one who is watching all that you do in secret and will continue to reward you openly."*

Matthew 6:16-18 (TPT)

- Look out for HYPOCRISY.
- Look to God ALONE.
- Look for the REWARD.

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