



Part 5: The Power of Fasting

Fasting is one of the most neglected of all the spiritual practices among God's people, but it may be one of the most powerful. Most believers know about fasting, but few really understand the wonderful benefits that result from fasting with purpose and in accordance with the principles of Scripture.

Bottom Line: Fasting invites the dramatic response from God to those who seek him.

Discussion Questions:

1. In which context have you most heard about fasting: church environments or health related environments?
2. We rarely hear teaching on the practice of fasting within the church and it is practiced by relatively few Christians in the western Church. Why do you think this spiritual practice of fasting is so neglected?
3. **Read Matthew 6:16-18.** What do you learn from Jesus about fasting? Why is it tempting to show others that you are fasting?
4. What spiritual benefits do we receive from fasting?
5. In the message this week, eight reasons for fasting were discussed. Which ones stood out to the most? What are some other good reasons for fasting?
6. What has been your personal experience with fasting? If you have fasted, for what reasons did you fast? What was the outcome?
7. For what need in your own life or in the life of someone you know would you be willing to fast in order to humble yourself before God and devote yourself to prayer on their/your behalf?
8. What has been the most helpful thought/idea from the message this week? How has that thought/idea helped you?
9. How can the group encourage you this week?

Additional Resources for Fasting:

[Fasting for Spiritual Breakthroughs](#), by Elmer Towns

[Renew.org](#) (keyword search "fasting")

Dr. Bill Bright's excellent [practical resources for fasting](#)