

Disciplines Guide: Fasting

Take Away Guide - January 9th

The beginning of a New Year allows us to start over with a clean slate. This season helps us make room for those things we have neglected in the past and clears out the things in our life that keep us from our full potential. At North Highland, we say that Fasting allows us to give up something GOOD for something GREATER! Allow God to do that for you this week!

Fasting	Scripture for meditation	Question for reflection
<u>Day 1</u> Commit to Fast	Matthew 6:16-18	<ul style="list-style-type: none">• What type of fast will you be doing AND for how long?<ul style="list-style-type: none">◦ <i>Daniel: No Meat, No Wheat, No Sweets</i>◦ <i>Partial Food: Some foods (Ex: Chocolate or bread)</i>◦ <i>Behavior (Social Media, TV, etc.)</i>◦ <i>Other?</i>
<u>Day 2</u> Decide what to believe God for in the Fast	Daniel 9:3-11	<ul style="list-style-type: none">• People fast for a variety of reasons, so what are YOU fasting through?<ul style="list-style-type: none">• <i>Facing a crisis</i>• <i>God's protection and deliverance</i>• <i>Repentance and renewal</i>• <i>Asking God for guidance</i>• <i>Humbling yourself in worship</i>• <i>Other??</i>
<u>Day 3</u> Fasting is NOT about the externals	Joel 2:12-17	<ul style="list-style-type: none">• Why is the focus of our heart's response during a fast THE most important thing AND how can we keep our hearts in focus?
<u>Day 4</u> Fasting requires internal passion	Luke 18:9-14	<ul style="list-style-type: none">• When fasting (without our heart's involvement) is our act of worship, how can this cause pride?• How can we be careful to not allow this to happen?