

Spiritual Exercises: Fasting
November 7, 2021
Pastor Theo Myer and Panel Guests

Spiritual Exercises: Practices that promote spiritual growth

Creating _____ for God's use

Fasting: reducing or eliminating food for a set time to focus on

Why Fast?

Panel Notes

Remember!

Bible Resources

- Esther 4:15-17
- Isaiah 58
- Matthew 6:16-18
- Mark 9:14-29
- Acts 13:1-3
- Philippians 3:17-21

Other Resources for Fasting

- Online: www.cru.org and search for “fasting”
- Online: www.renovare.org and search for “fasting Calhoun”
- John Wesley, *Sermon 27: Upon Our Lord's Sermon on the Mount*
- John Piper, *A Hunger for God*

A Whole Church Fast: Nativity Fast after dinner on Nov 28 until dinner on Nov 29

- May be partial or full food fasting
- Focus: getting our hearts ready for the celebration of Jesus' coming
- Bible passage: John 1:1-18
- Reflection Questions
 - What was Jesus' existence like before being born as a baby?
 - What does it mean that Jesus is the light?
 - How is Jesus the light in my life?
 - What places of darkness are there in my own heart?
 - Am I “full of unfailing love and faithfulness?”
 - How can I allow God to clean my heart in these places?
 - What is stopping me from accepting God's forgiveness through Jesus?
 - What is amazing and joyful about the coming of Jesus?
- Practical Tips for fasting
 - Stay hydrated – have a glass of water with you constantly
 - Use your mealtimes as times with God (turn off your phone!)
 - Bring a paper Bible, a journal to write in, and these notes
 - Start by telling God you are doing this out of love for Him, and ask Him to help you get ready for the Christmas season