

The Chapel Family Bible Reading Program – August 15-20
FASTING: Forgiveness. Aceptance. Self-control. Truth. Integrity. Nourishment. Grace

MONDAY: Joel 2:1-14

KEY VERSE: Joel 2:12

OBSERVATION: *“Prayer is reaching out to the unseen; fasting is letting go of all that is seen and temporal. Fasting helps express, deepen, confirm the resolution that we are ready to sacrifice anything, even ourselves to attain what we seek for the kingdom of God.”* Andrew Murray. Have you ever fasted? If not, why not? What is the purpose of fasting? Why did Jesus, the only human being with no sin, find it necessary to fast and pray?

TUESDAY: Acts 13:1-3

KEY VERSE: Acts 13:2

OBSERVATION: *“Fasting in the biblical sense is choosing not to partake of food because your spiritual hunger is so deep, your determination in intercession so intense, or your spiritual warfare so demanding that you have temporarily set aside even fleshly needs to give yourself to prayer and meditation.”* Wesley L. Duewel. How does fasting help a person to focus on prayer? Why did Jesus, the only sinless man on earth, find it necessary to fast?

WEDNESDAY: Isaiah 58:1-14

KEY VERSE: Isaiah 58:6

OBSERVATION: *“The purpose of fasting is to loosen to some degree the ties which bind us to the world of material things and our surroundings as a whole, in order that we may concentrate all our spiritual powers upon the unseen and eternal things.”* Ole Hallesby. **PRINCIPLES OF BIBLICAL FASTING: 1. SET YOUR OBJECTIVE.** Why are you fasting? Abstain from food to gain mastery over the flesh. **2. MAKE YOUR COMMITMENT.** How long? Type of commitment: (*water only; water and juice*). Social events you might restrict temporarily. Etc.

THURSDAY: Matthew 6:16-18

KEY VERSE: Matthew 6: 17-18

OBSERVATION: *“By fasting, the body learns to obey the soul; by praying the soul learns to command the body.”* There are several purposes for fasting. It's part of the discipline of self-control; it's a way of sharing that we depend on God alone and draw our strength and resources from Him; it's a way of focusing totally on Him when seeking His guidance and help, and showing that you are really in earnest in your quest.”

FRIDAY: Nehemiah 1:1-11

KEY VERSE: Nehemiah 1:4

OBSERVATION: REASONS TO FAST: 1, Scripture teaches us to fast and pray. **2.** Fasting and prayer put you into the best possible position for a breakthrough.” Have you chosen a regular time and day to pray and fast?

SATURDAY: 2 Samuel 15-17; Psalm 35:13-14

KEY VERSE: Psalm 35:13-14

OBSERVATION: Fasting plays many important roles. **1. FOR GODS' INTERVENTION. 2. FOR HUMILITY.** How does fasting produce these two roles? What is the purpose of these two roles in your life? What other thoughts do you have concerning them?