

# Why Do We Fast and How Do We Do It?

## Matthew 9:14-17

February 26, 2023

**Inquiring Minds series #4:** Jesus makes very clear that He expects fasting to be a regular spiritual discipline in our life. We need to get at it...

- 1) How have you experienced God as “Yahweh Ropheka” the Lord who heals you in the past week? (EM 3 – How Do We Pray for the Sick: For Healing or Home-going? 2/19/23)
- 2) Do you have much experience fasting? If so, what has been a blessing about pursuing that particular spiritual discipline? If not, are you willing to learn by trying?
- 3) How are the examples (1 Corinthians 11:1) of both Jesus and Paul instructive for our walk with God today? If they fasted, shouldn't we?
- 4) If a full fast (no food, just water) is not something you can do, how might you choose to do a partial fast?
- 5) Read all of Isaiah 58. Cross reference that chapter with Psalm 146:9, Jeremiah 7:6, Jeremiah 22:3, Ezekiel 22:29, Zechariah 7:10, Malachi 3:5, and Matthew 25:40, 45. God cares about the marginalized and down-trodden. How does that affect our pursuit of the spiritual discipline of fasting?

- 6) How might we avoid legalism should we begin to pursue fasting regularly? How does the new wine in new wine skins (Matt. 9) address that concern?
- 7) Jon Foreman's *Instead of a Show* is based on Amos 5. How might the prophet's indictment of ancient Israel be still accurate for the modern Church today?
- 8) Zechariah 8:19 says that the times of fasting would become joyous occasions. Now that we have the Holy Spirit to guide our fasting practices (Matt. 9 – “new wine”) how might our present fasting differ from ancient Israel's practices?
- 9) How might we pray for each other with regard to this particular spiritual discipline?

**Fasting and Prayer**

**March 4, 2023**

**8am – 6pm**

**Come and go as needed**