

How do Authentic Disciples Fast?
September 23, 2012

1. They fast for the right _____
 - a. Wrong: to be _____ by _____
 - b. Right: to be _____ by _____

Key scripture references:

2. They fast with the right _____
 - a. A heart of _____
 - b. A heart of _____

Key scripture references:

3. They fast in anticipation of _____
 - a. Richness of _____ with God
 - b. _____ prayer

Key scripture references:

Questions for thought or discussion:

1. What experience do you have with fasting?
2. Do you think of fasting of the same level as prayer and giving (the context of [Matthew 6](#))?
3. In what areas are you most likely to desire the praise of people?
4. Why do we so desperately want the praise and recognition of people?
5. If earthly rewards are so fleeting, why do we settle for them?
6. How does a heart get deceived into prideful hypocrisy?
7. How can a person pray expectantly and yet be fully surrendered to the will of God?
8. Do you have any hesitations that would prevent you from fasting? If so, what are they?
9. What is one thing from the message that will help you grow this week?