

# Thrive!

**Week Three:  
FASTING**

## **Daily Scripture Reading**

### **Sunday:**

The example of Jesus / Luke 4:1-13

### **Monday:**

God's chosen fast / Isaiah 58:1-7

### **Tuesday:**

A partial fast / Daniel 10:1-14

### **Wednesday:**

A normal fast / Nehemiah 1:4-11

### **Thursday:**

An absolute fast / Esther 4:12-17

### **Friday:**

Beginning of a mission / Acts 13:1-3

### **Saturday:**

Appointment of elders / Acts 14:19-23

# Supplemental Questions

**1. What is your first reaction to the thought of fasting?**

(ugh, wow!, ok, awesome, you have to be kidding me!)

**2. How does Christian fasting differ from “hunger strikes” and “health fasting”?**

**3. What is the primary purpose of fasting?**

**4. For you, what is the most difficult thing about fasting?**

**5. How can fasting reveal what controls your life?**

**6. Read Matthew 6:16-18:**

Does Jesus command fasting or just comment on how to fast properly?

What should we do and how should we look when fasting? Why?

Motivation! What is the difference between truly seeking God and fasting to manipulate God into doing what you want?

**7. Read Matthew 9:14-15:**

Did Jesus expect his disciples to fast after he was gone?

It is said that fasting brings us closer to God. Could this be one of the reasons Jesus said his disciples would fast after he was gone? What other reasons?

**8. Read Isaiah 58:3-10:**

In this passage, Isaiah tells us that the Jews were fasting, but God was not answering their requests. Why not?

What does the act of fasting mean if we are rebellious in other areas of our lives?

Is fasting a way to get God to answer our prayers?

Will fasting alone solve our problems?

What does God promise to do if his people fast in the right way?

