

Spiritual Discipline

Christian Living through the Holy Spirit

Week Four – Fasting

What does it mean to fast?

Other than food, what else might we abstain from?

Why should we fast?

Martin Luther's "Concerning Christian Liberty"

Romans 7:22-23

1 Corinthians 9:27

Galatians 5:24

How are we to fast?

Isaiah 58:3-7

Matthew 6:16-18

What does the Holy Spirit accomplish in/through us as a result of fasting?

1 Corinthians 7:5

2 Samuel 1:12

Judges 20:26

Ezra 8:21-23

Psalms 35:13

Jonah 3:5-8

Luke 2:37