



## Spiritual Disciplines for the Man in the Mirror

### A Man and Fasting

Luke 5:33-35, 2 Cor. 11:27, Mat. 6:16-17

Questions  
August 30, 2002

1. What is the purpose of fasting?
2. Fasting is an integral part of the Bible. Names associated with fasting include Ezra, Nehemiah, Esther, Samuel, David, Isaiah, Jeremiah, Daniel, Zechariah, Jesus, John (the Baptist), and Paul. Jesus began his ministry with a forty day fast. What conclusions can you draw about fasting from today's texts (noted above)?
3. Have you ever fasted and, if so, when, why, and what happened? If not, do you have any inclination to try fasting now and, if so, what are your initial thoughts about when, why, and how?
4. What is a constant struggle for you to gain victory over, or find wisdom? Have you tried fasting about it? If not, would you like to?