

Fasting

Series: Spiritual Discipline

Date: February 6, 2010

Bible Verse: "Train yourself to be godly" (1 Tim 4:7)

1. The Greek word "to train" is *gymnatzo*, which means physical exercise.
2. In this verse, *gymnatzo* implies spiritual "exercise/discipline" as opposed to physical exercise.

"Spiritual Discipline" concerns life choices that facilitate a deeper relationship with God.

Discipline # 1: **Spend one-on-one time with the Father regularly**

Discipline # 2: **Meditate on Scripture regularly**

Discipline # 3: **Fast regularly**

TWO CATEGORIES OF FASTING:

1. Need Centered Fasting
"Need Centered" fasting is focused on self or community.
2. God Centered Fasting
"God Centered" fasting is focused on God.

How do we do "God Centered Fasting"?

1. Identify what feeds your flesh regularly
2. Refrain from it regularly and spend time with the Father