



Good Shepherd Lutheran Church
GOD. SERVE. LOVE. COMMUNITY.

CONSECRATION: GETTING AWAY TO GET CLOSER! PT. II

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I. What is a Fast?

- a. Not specifically Christian
- b. Recommendation not a requirement
- c. Fasting is an opportunity for Christians to practice the fruit of self-discipline, by abstaining from personal pleasures and fixing their entire attention on God.
 - TV
 - Technology/Social Media
 - Speaking (Silent Retreats)
 - Financial
 - Daily Routine Purchases
 - Non-Essential Personal Items
 - No Fast Food
 - Money saved should be given back to God

II. What Fasting is NOT

- a. Necessary for salvation – it is a work and therefore incapable of saving
- b. A way of maneuvering or manipulating the will of God
- c. A spiritual gift or badge of honor/boasting (Matt. 6:16)
- d. A diet

III. Fasting that Pleases God

- a. It is possible to fast incorrectly!
- b. Fasting in Vain
- c. Isaiah 58
- d. Matthew 6:16-18

IV. Biblical Reasons to Fast

- a. During critical and despairing times (Jeremiah 26:9; Joel 1:14; Daniel 1:8)
- b. Preparation for assignments (Matthew 4)
- c. Important Decisions (Acts 13:2; 14:23)
- d. Spiritual Strength (Mark 9:29)

V. Biblical Outcomes for a Fast

- a. Subdue the Flesh
- b. Strengthen the Spirit
- c. Discern the Will of God
- d. Solidarity with Believers

VI. How to Fast

- a. Prepare:
 - Mentally, physically, spiritually, emotionally
 - Meals in advance
 - Cleaning your house of foods, electronics, etc.
- b. Set Your Purpose and End Date
- c. Addition Not Subtraction
 - Prayer
 - Journaling
 - Meditation
- d. Transformation > Perfection