

**RESPONSIBLE FOR MY SPIRITUAL GROWTH**  
**PART 2: Not by Bread Alone**  
August 22, 2010

Take the time and trouble to keep yourself spiritually fit." I Timothy 4:7 (Ph)

**Fasting: High Degree of Difficulty...**

"Then Jesus was led by the Spirit into the desert to be tempted by the devil. After fasting forty days and forty nights, he was hungry. The tempter came to him and said, 'If you are the son of God, tell these stones to become bread.' Jesus answered, 'It is written: Man does not live by bread alone, but on every word that comes from the mouth of God.'"

Matthew 4: 1-4 (NIV)

<p><b><i>FASTING DEFINED:</i></b></p> <p>_____ <i>from a</i> _____ <i>or</i></p> <p>_____ <i>need, for the purpose of</i> _____ <i>and</i></p> <p>_____ <i>God</i> _____ .</p>
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**UNDERSTANDING MOTIVATION FOR FASTING**

1. It's \_\_\_\_\_ About \_\_\_\_\_ I Fast, It's About Allowing God to

\_\_\_\_\_

"You do not delight in sacrifice or I would bring it; you do not take delight in burnt offerings. The sacrifices of God are a broken spirit; a broken and contrite heart, O God, you will not despise."  
Psalm 51:16-17 (NIV)

2. Our \_\_\_\_\_ Must Be To \_\_\_\_\_ the heart of God.

"...on your day of fasting, you do as you please and exploit all your workers. Your fasting ends in quarreling and strife, and in striking each other with wicked fists. You cannot fast as you do today and expect your voice to be heard on high. Is this the kind of fast I have chosen, only a day for a man to humble himself?...This is the kind of fast I have chosen. To loose the chains of injustice, and untie the cords of the yoke, to set the oppressed free and break every yoke. Is it not to share your food with the hungry and to provide the poor wanderer with shelter – when you see him naked, to clothe him, and not to turn away from your own flesh and blood?"  
Isaiah 58: 3-7(NIV)

**3. It's NOT for \_\_\_\_\_.**

"When you fast, do not look somber as the hypocrites do, for they disfigure their faces to show men they are fasting. I tell you the truth, they have received their reward in full. But when you fast, put oil on your head and wash your face, so that it will not be obvious to men that you are fasting, but only to your Father, who is unseen; and your Father, who sees what is done in secret, will reward you." Matthew 6:16-18 (NIV)

**FASTING IN ACTION**

**1. Decide to \_\_\_\_\_**

- Something \_\_\_\_\_ and \_\_\_\_\_
- This week I will fast from \_\_\_\_\_

**2. Pick a \_\_\_\_\_ on which to seek God's Heart**

- While I fast, I will seek God's heart on \_\_\_\_\_

**3. Set a \_\_\_\_\_**

- I will fast for \_\_\_\_\_

**4. Mix With P \_\_\_\_\_, B \_\_\_\_\_, and  
J \_\_\_\_\_**

**EFFECT OF FASTING**

**1. \_\_\_\_\_ relationship with Christ**

"Ask and it will be given to you, seek and you will find, knock and the door will be opened to you. For everyone who asks receives, he who seeks finds, and to him who knocks, the door will be opened." Matthew 7: 7-8 (NIV)

**2. \_\_\_\_\_ change.**