



Saint James AME Church
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Ronald L. Slaughter, Senior Pastor

Bible Study Outline

11:00 AM

Rev. Garvey Ince, Facilitator

February 26, 2020

“Fasting and Praying”

Scripture: Luke 4:1-2

“Jesus, full of the Holy Spirit returned from the Jordan and was led by the Spirit in the desert, where for forty days He was tempted by the devil. He ate nothing during those days, and at the end of them He was hungry.”

Introduction:

What is lent? - The period of Lent commemorates the time that Jesus spent in the wilderness immediately after His baptism.

Why do we fast and pray? - strengthens our faith, increases discipline, unlocks spiritual power, and prepares us to do fruitful ministry.

It helps the believer to be more attentive to God’s voice and the ways of God. It increases spiritual stamina and releases power in the lives of those who spend time in His presence.

Preparation: How do you prepare to fast?

What are the different types of fasting?

- 1. Absolute Fast – this can be used in an emergency situation – Esther 4:16, Jonah 3:6-10**
- 2. Supernatural - Exodus 34:28** – done when there is a huge spiritual responsibility and task. Both Moses and Jesus – Moses fasted twice for 40 days – when he took the ark of the covenant and the ten commandments, and Jesus before his crucifixion.
- 3. Daniel Fast** - Abstaining from certain foods – Daniel 10: 2-17, 10:11-12
- 4. Fasting from indulgences**

Why do we need spiritual goals?

To help focus on what we want to accomplish during this Lenten period.

- **Increased Prayer** - Daniel 9:2-3
- **Increased Study of God’s Word** - Jeremiah 36:6
- **Total Obedience** - Isaiah 58:6
- **This is the Time to Break Yokes of Bondage!**

- **This is the Time to Eliminate Excessive Behavior!**
If you are given to excess in certain areas (shopping, television, telephone, social media, computer, etc.)
- **Cleanse the Body and Spirit** “Your healing shall spring forth speedily.” (Isaiah 58:8)
- **Conclusion:**

What is your purpose for fasting?

Remember the difference between “sight and vision” – the sermon from Sunday.

Notes: _____

Bible Study Motto/Creed

“Bible Readers MAKE Bible Believers. Bible Believers MAKE Strong Christians”

Strong Christians MAKE a Strong Church. A Strong Church MAKES a better city, state, and world.”

Rev. Dr. Ronald L. Slaughter