

Discipleship Groups — Level II

WEEK 3 THE DISCIPLINE OF FASTING

1. Fasting consists of _____, totally or partially, from _____ or _____
_____ for a certain period of time.
2. The human body cannot survive without _____ or _____, but it can go a few days without food.
3. What is the purpose of fasting?
 - a. _____
 - b. _____
 - c. _____
 - d. _____
 - e. _____
4. Jesus spent _____ days _____ and nights fasting and praying, before he began his public ministry.
5. Moses fasted for _____ days to receive the Ten Commandments.
6. What benefits does fasting bring to our lives:
 - a. _____
 - b. _____
 - c. _____
 - d. _____
 - e. _____
 - f. _____
 - g. _____
 - h. _____
 - i. _____
7. What things should you do to start your fast:
 - a. Establish a _____
 - b. Spending Time in _____
 - c. Consult with a _____
 - d. Consult a _____
 - e. Communicate with your _____
 - f. Choose the _____ of Fast
8. During Fasting
 - a. Practice _____
 - b. Make sure you _____ to stay hydrated.
 - c. Be _____
9. How should you end your fast?
 - a. with _____
 - b. Break the Fast _____
 - c. _____ on the Experience: