

# FINDING FREEDOM IRL



Sunday, January 15, 2023

## Finding Freedom in Real Life: "Consecrate a Fast"

Speaker: Dr. Anthony Graham

### Notes:

#### Finding Freedom: "Consecrate a fast"

[Isaiah 58:1-12; Matthew 6:16-18]

#### 1. The \_\_\_\_\_ of Fasting

[Isaiah 58:1-12; Matthew 6:16]

- a. We need times of fasting for \_\_\_\_\_ (Joel 1:14)
- b. We need times of fasting for \_\_\_\_\_ (Joel 2:12; James 4:10)
- c. We need times of fasting for \_\_\_\_\_ (Acts 13:2)

#### 2. The \_\_\_\_\_ of Fasting

[Matthew 6:16-18]

- a. Arise from our \_\_\_\_\_ (Joel 1:5)
- b. Aware of \_\_\_\_\_ (Joel 1:6)

#### 3. The \_\_\_\_\_ of Fasting

[Matthew 6:17-18]

- a. Fasting cultivates \_\_\_\_\_ (Matthew 17:21)
- b. Fasting cultivates \_\_\_\_\_ (1 Corinthians 7:5)

### LifeGroup Discussion Questions:

1. How is God at work in and around your life?
2. How is your 21-day time of prayer and fasting going? Share with each other what God is doing. If you have not started, why not tomorrow? Sign-up for the free devotional here and get started today: [www.pathwayvb.com/fast](http://www.pathwayvb.com/fast)
3. What is the purpose of fasting according to the Bible (Isaiah 58:1-12; Matthew 6:16) and according to the message?

4. According to the message, fasting help us with:

- Personal examination (Joel 4:14)
- Personal humility (James 4:10)
- Personal rededication (Acts 13:2)

Which of these three are the most needed in your life at the start of 2023? Explain.

5. Fasting makes us more aware of our own “slumber” and “spiritual warfare”. How would you describe your motivation spiritually in the past? Do you feel motivated to grow with the Lord in this season?

6. Have you ever encountered “spiritual warfare”? Read Ephesians 6:11-18. How do we stand and win against spiritual warfare?

7. Fasting helps cultivate our prayer life and our purity. What do you hope to see happen with both of these in your life during this time of prayer and fasting?

8. How can we pray for you and support you this week?