

## Handout #4 Practice Makes Perfect (Almost): Fasting

Mike Hagan

1. Interact with the following definition for fasting. What do you find intriguing? What seems to be problematic to your lifestyle? What purposes?

“Fasting is abstaining from food or material things for spiritual purposes.”

2. If you were to experiment with fasting, what do you think you would find about yourself? What part does self-denial play? What part does suffering have?

3. Examine the following verses to learn more about fasting:

- 2 Samuel 12:23
- Psalm 35:13
- Psalm 69:10
- Psalm 109:24
- Joel 1:14; 2:12, 15
- Jeremiah 14:12
- Jeremiah 36:6, 9
- Zechariah 8:18-19
- Ezra 8:21-23
- Mark 2:18-19
- Luke 5:33-35

### **Bibliography**

Richard Foster 1978, ch. 4.

Klaus Issler 2001.

Dallas Willard 1988, 166-68.