

## Lesson 5: Fasting

**LEARNING OBJECTIVES:** (Help people discover these points – if the principles are not emerging in group discussion, ask questions to bring these out – do not “lecture” to them.)

- Counterfeit fasting contrasted with true fasting.

- 1) **Pray.** Open with prayer; include foundational **Opening Prayer** concepts. Spend time in small group prayer as appropriate during the session.
- 2) **Review** the Basic Principles, 5 R’s + 2, and accompanying gestures and **discuss** how understanding and applying these is going.

### Basic Principles

- **Claim your heritage** – Reclaim it if you’ve been robbed. 1 Peter 1:3-9
- **Come to Jesus** – Bring Him your stuck places. Ps 62:5-8
- **3-way prayer** – The facilitator does most of the verbal prayer. The person being prayed for focuses on listening to God and responding. Others intercede quietly. Matt 18:18-20
- **Hearing God** – God speaks directly to the person being prayed for at their point of need. Spend time silently listening for His voice. John 10:27
- **Test and give thanks** – Give thanks frequently during the prayer time. Test that all the person hears is consistent with Scripture. 1 Thess 5:16-21
- **Follow Jesus** above all. Let Him lead the process. John 8:12, 31-32
- **Confidentiality** – Share only your own story, not someone else’s. Rom 1:28-32, Prov 20:19

### 5 R’s + 2

- **Opening Prayer** – Ask God to lead and protect. Bind evil in Jesus’ name. Matt 18:18-20, Ps 143:10, Prov 18:10
- **Recognize** – Identify (take captive) your negative feelings, thoughts, and actions. 2 Cor 10:3-5
- **Recent** – Bring these to God and ask Him to reveal a related recent memory.
- **Root** – Ask God to reveal any root(s) – the first time (or pattern) when you thought, felt, and/or acted this way. Matt 12:33
- **Receive** – Receive His perspective - first at the root, if there is one. Test by God’s word. Matt 7:7-11
- **Renew** – Apply this perspective in everyday life. 1 John 1:5-7
- **Closing Prayer** – Thank God and ask for help to apply His truth. Send away evil in Jesus’ name. Luke 17:11-19, John 8:31, Luke 10:17-19

- 3) **Review** the previous lesson.

#### ➤ Individually

- Write down or otherwise note your **top 3 principles** from the previous lesson.

#### ➤ Small Groups: If your large group is more than 7 people you may want to split into small groups.

- Review the previous lesson’s **memory verse(s)**.
- Share with one another your **top 3 principles** from the previous lesson, then discuss and **agree on** your group’s top 3 principles.
- **Pray** together. Ask that each person learn and apply Wholeness Prayer principles.

#### ➤ Large group

- Share your group’s **top 3 principles** from the previous lesson.
- Write responses (in words or pictures) on a whiteboard or flipchart, combining similar responses.

#### 4) Discovery Bible Study (DBS): Isaiah 58:1-12 (counterfeit and true fasting contrasted)

Ask 2-3 people to read the verses out loud, from varying translations when possible. Alternatively, listen to the verses being read aloud on an audio device 2-3 times. Then ask someone to retell the passage, as completely as possible, in their own words. Ask the group to contribute anything missed. Fill in gaps as needed.

Pray as a group and ask God to speak through His word. Spend time listening silently. Then discuss the following questions. Help everyone participate. If you have more than 6-7 people, first split into small groups.

- What does this passage teach us about God?
- What does this passage teach us about people?
- How can we distinguish between true and counterfeit fasting?
- How are you already applying/experiencing the principles in this passage? How would you like to grow in applying/experiencing these principles? (Encourage people to consider possible applications, then choose one or two clear, specific and realistic personal applications.)
- What does God want you to do to apply this? Who will you tell?
- Who will you share this lesson with?
- What key principles will your group share with the large group?

#### 5) Follow-up Activities.

- **Share** key principles, drawings and motions with the large group. Ask each small group to share one key principle. Write these (in words or pictures) on a large paper or whiteboard. Continue until you have all the main points in the lesson.
- **Gesture:** Decide together on a gesture or hand motion for this lesson. Then ask all participants to stand up and do the gesture together. Then practice together all the gestures in order for the 5 R's +2, basic principles, and all the lessons covered so far in this module.
- **Individually**, ask God to reveal any ways in which you can grow in true fasting.
- **In small groups**, discuss practical ways you can help the oppressed, poor and hungry. Spend time asking God to bless those who are suffering and show you how you can help them.
- **Clarify** the next meeting time and any pre-work to be completed beforehand.
- **Pre-work** for next lesson:
  - **Memorize:** Isaiah 58:6 (And review previous verses.)
  - **Pray:** Read and meditate on James 3:13-18.
  - **Share:** Share with others what you are learning and pray for them.
  - **Practice:** Ask God to continue to reveal ways in which you can help those who are suffering. Invite others to join you in praying for them and helping them.

#### 6) Pray for one another. At the end, pray a **closing prayer**, including key foundational concepts. Commit to pray for one another between training times.

*Note: You may also want to incorporate a time of sharing and prayer – for blessings and challenges.*