**SHARPENING THE AXE**

**Journeymen, February 12, 2014**

**Session 4: “Spiritual Disciplines: Fasting”**

**Luke 5:33-35**

**Fasting is to yourself in order to on .**

### **Fasting as:**

1. Sign of Grief or .

 (Judges 20:26, 2 Sam 1:12, Esther 4:3, 1 Sam 1:7-8 & 20:34)

2. Sign of .

 (1 Sam 7:5-6, Neh 9:1, Joel 1:14, Jonah 3:5, 2 Sam 12:16, 1 Kings 21:27, Neh 1:4, Daniel 9:3)

3. Aid in .

(2 Sam12:16-23; Neh 1:8-10, Ps 35:13-15, Daniel 6:18 ; 9:15-19)

4. Aid in .

 (Isaiah 58, Zech 7:3-14, Lev 16:29)

5. Presence and of Messenger.

 (Ex 34:28, Deut 9:9, 1Kings 19:7-8, Matt 4:1-11)

### **Small Group Discussion**

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**Connect**

1. How did meditation go this past week?
* Was it easier or harder than expected?
* What did you learn?

**Grow**

1. Have you ever fasted? What did you take away from that experience?
2. Which of the 5 reasons for fasting can you use this week?

**Reach**

1. The Exchange Challenge is a type of fast. Who could you invite to take the Exchange with you?
2. Who could you share with this week what God is showing you through the Exchange Challenge?