

**SHARPENING THE AXE**  
**Journeyman, 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 Sam 12:16-23; 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

### 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?