



# SEEK FIRST

## PART 1

The Bottom Line:

\_\_\_\_\_ With \_\_\_\_\_ Positions Us For God's Purpose and Presence

### 1. The "\_\_\_\_\_"

**Matthew 6:16–18 (NKJV)**

*16 "Moreover, **when you fast**, do not be like the hypocrites, with a sad countenance. For they disfigure their faces that they may appear to men to be fasting. Assuredly, I say to you, they have their reward. 17 But you, when you fast, anoint your head and wash your face, 18 so that you do not appear to men to be fasting, but to your Father who is in the secret place; and your Father who sees in secret will reward you openly.*

Fasting is not only something we \_\_\_\_\_ do but is something that is a \_\_\_\_\_ according to Scripture.

### 2. The "\_\_\_\_\_"

**Jesus fasted and taught fasting.**

**Matthew 4:1–2 (NKJV)**

*1 Then Jesus was led up by the Spirit into the wilderness to be tempted by the devil. 2 And when He had fasted forty days and forty nights, afterward He was hungry.*

It is important to note that it was the time of fasting and prayer that \_\_\_\_\_ Jesus for His temptation.

**Matthew 9:14–15 (NKJV)**

*14 Then the disciples of John came to Him, saying, "Why do we and the Pharisees fast often, but Your disciples do not fast?" 15 And Jesus said to them, "Can the friends of the bridegroom mourn as long as the bridegroom is with them? But the days will come when the bridegroom will be taken away from them, and then they will fast.*

**The Disciples Fasted**

**Acts 13:2–3 (NKJV)**

*2 As they ministered to the Lord and fasted, the Holy Spirit said, "Now separate to Me Barnabas and Saul for the work to which I have called them." 3 Then, having fasted and prayed, and laid hands on them, they sent them away.*

When the disciples needed the direction of The Holy Spirit, they sought it through \_\_\_\_\_, \_\_\_\_\_ and \_\_\_\_\_.

**The Early Church Fasted**

**Acts 10:30 (NKJV)**

*30 So Cornelius said, "Four days ago I was fasting until this hour; and at the ninth hour I prayed in my house, and behold, a man stood before me in bright clothing,*

It is clear to see that fasting and prayer were a normal part of early Christian \_\_\_\_\_ and \_\_\_\_\_.

### 3. The "\_\_\_\_\_"

Biblical fasting is refraining from \_\_\_\_\_ for a \_\_\_\_\_ purpose.

#### 4. The “\_\_\_\_\_”

#### **James 4:10(NKJV)**

*10Humble yourselves in the sight of the Lord, and He will lift you up.*

Fasting is one of the most significant ways scripture gives us for \_\_\_\_\_ ourselves before God.

*"We cannot transfer that responsibility to God. To pray, "God make me humble is unscriptural because the reply of God in scripture is "Humble Yourself." - Derek Prince*

#### **Suggested foods for Daniel fast**

**Day 1:** Liquids Only

#### **Day 2 through Day 21:**

Whole Grains

Brown Rice

Legumes such as: red beans, kidney beans, Black-eyed beans, black beans, Pinto beans

Fruit, Vegetables, Sprouts

#### **Liquids**

Water

Soy or Almond Milk

100% vegetable or fruit juice

#### **Foods to avoid:**

Meat, poultry, fried foods, soda, preservatives, sugar, caffeine



#### **Life Group Application Questions:**

**1. What does the prevalence of fasting in the Old and New Testaments tell us about its importance?**

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**2. What can we learn about the 3-fold chord of giving, praying and fasting in Matthew 6? (Matthew 6:1-18)**

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**3. How has fasting and prayer benefited you in your life? What are your struggles with fasting and prayer?**

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**4. What question was not asked here that should have been?**

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#### **Notes:**

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