



Command 13

Part 2A

Power of 12 Curriculum Week 25

Command #13 Part 2A

Growing Through Fasting

Verse of the Week

Matthew 4:4

Jesus answered, “It is written in the Scriptures, ‘A person does not live only by eating bread. But a person lives by everything the Lord says.’”



1. Jesus grew through **fasting**.

Fasting— abstaining from food or some kind of food or drink for a spiritual purpose.

- Jesus demonstrated that fasting can strengthen us spiritually when we use it draw closer to God.
- Jesus fasted at the beginning of his public ministry (Matthew 4).
- During his fast, Jesus was tempted by the devil, these tests prepared him for the next three years of ministry.
- To Jesus, fasting was a way to declare mastery over his human nature so that he would live every moment directed by the “power of the Spirit.”

2. Fasting maybe be a physical **sacrifice**, but it is a spiritual weapon.

Sacrifice – an act of giving up something valued for the sake of something else regarded as more important or worthy.

- Fasting is calling the devil out.
- By fasting we are conquering things that may have come up later if we did not call them out now.
- Fasting trains us to deny the flesh and allows us to draw closer to God.
- It allows us to hear God more clearly and be closer to him.

3. What is fasting?

- Fasting is more than just a diet. It is not just abstaining from food, but it is a time to study, pray, worship, and seek the Lord.
- If you don't seek God during a fast, it is pointless, all you are doing is dieting and you will not receive the full benefit of your sacrifice.

Review Questions:

1. Have you ever fasted?
2. Were you tempted during this time?
3. What did God do during that time?

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