



Lesson 3

Fake fasts are held out of tradition and don't engage the heart. Those fasts did not please God because they were fasting, but their fasting _____.

Fasting must be done in faith. Fasting itself is an act of faith. When you fast, you are placing your _____ need above your _____ need.

FAITH FASTING IN 2 CHRONICLES

2 Chronicles 20 deals with faith fasting. Examine: 2 Chronicles 20:1-30 (NIV). Jehoshaphat has made alliances before, but this time he puts _____.

This fast was not a ritualistic one, Jehoshaphat calls this fast because they need the Lord.

Here are four signs, according to the text, of a faith fast.

1. Jehoshaphat and the people _____. They seek the Lord because they actually want to hear what the Lord has to say.
2. Jehoshaphat _____. This would have been unusual for some kings.
3. Jehoshaphat _____. What good is it to fast, if you aren't going to listen for what to do next?
4. Jehoshaphat _____. They fast for answers and when the answers come, they follow through.

FAITH FASTING IN EZRA

The book of Ezra describes some of the Jews return to Jerusalem after the Babylonian captivity. As they begin the trek, Ezra stops the procession to proclaim a fast. Examine: Ezra 8:21-23 (NIV).

1. Does Ezra earnestly seek the Lord? _____. Ezra knows they won't be able to complete the trip _____.
2. Does Ezra pray? _____. The word besought or petition means to _____. In other words, Ezra decides to keep praying until he receives an answer.
3. Does Ezra receive instruction? _____. The text says the Lord answered their prayer.
4. Does Ezra follow through? _____. They move forward with the journey in faith.

Faith fasting pleases God.