

Each One! Bless One!

eBlessings' Bible Class Lessons
You Can Make a Difference!

Bible Class Lesson Twenty-Five:

GROWING YOUR SPIRIT SOUL

Chapter Six

Daily Evolution

Key Scripture:

"14 For if ye forgive men their trespasses, your heavenly Father will also forgive you: 15 but if ye forgive not men their trespasses, neither will your Father forgive your trespasses. 16 Moreover when ye fast, be not, as the hypocrites, of a sad countenance: for they disfigure their faces, that they may appear unto men to fast. Verily I say unto you, they have their reward. 17 But thou, when thou fastest, anoint thine head, and wash thy face; 18 that thou appear not unto men to fast, but unto thy Father which is in secret: and thy Father, which seeth in secret, shall reward thee openly." (Matthew)

(Matthew 6:7-18)

"The Four in One Gospel of JESUS"; page 78

Lesson Objective:

To increase our spiritual growth by giving a natural, physical tool to strike against a spiritual enemy and or a physical bondage. A spiritual key: a fast is both physical and spiritual. To fast has both a natural and a supernatural impact. This lesson teaches us a tool to use to break both natural and supernatural bonds of all types. Fasting and praying will

bring us out of the bondages of life allow us to develop more Christ-like behaviors, which will move us towards being more like Jesus Christ of Nazareth, our Messiah.

Lesson:

Evolve Daily

Fasting. There is power in fasting! Fasting amounts to abstaining from all food, television, a favorite habit, a favorite food, or a favorite activity if you abstain from it you will feel diminished by its not being around or you not being involved in it, and you not partaking of or in it.

In special, spiritually-minded fasts, where a person abstains from solid and liquid foods all day or a number of days in a row, your body will suffer physically from the reduction of food intake. This type of fasting can often be damaging to the body physically, but many who do long food fasts believe their bodies do not sustain

*WHEN
FASTING,
BE FOCUSED
ON THE
REASON FOR
YOUR FAST!*

any harm because the Lord is with them in those type of fasts. All day or numerous days food fasting will surely bring deep spiritual insights and spiritual breakthroughs of one type or another.

If you are able, fast from eating food from sun up to sun down (or 6 a.m. until 6 p.m.) one day out of the week; you probably

should drink water and juices during your fasting time. If you cannot fast food, fast sweets, soda, chocolate, or some food which you enjoy. When fasting have a dedicated prayer mission. Dedicate time for prayer and let that prayer be focused on the point of the fasting. Fasting must have a point, a mission, or a purpose for the fast. Focus your prayer on that purpose.

You can also fast watching secular television, listening to the radio, or music. And if you happen to be a smoker, fast smoking, or beer or wine, if you are a drinker. You will find that you do not need these vices in your life anyway. For more information on fasting, check your local Christian bookstore, library, or the Internet.

QUESTIONS:

1. What is the connection between fasting and the unforgiveness in your heart towards others?
2. Why is it said that fasting is both physical and spiritual? Both natural and supernatural?
3. Name one natural reason we are to anoint our heads and wash our faces when we fast. Name one supernatural reason we are to anoint our heads and wash our faces when we fast.
4. Can fasting break an evil spiritual connection? How?

5. Explain "fasting" in your own words.
6. Is there power in fasting? Explain.
7. Give two personal examples of what you attained through fasting, i.e., spiritual insights or spiritual breakthroughs.
8. Name some of the different types of fasts one can experience. Name types of things one can fast.
9. Why is it important to have a specific "prayer mission" in mind when you fast?
10. Should you abstain from less godly activities during your fast? Why? What activities come to mind?
11. Is it important to have a dedicated time of prayer when fasting? Why is that?
12. Do you think fasting is effective if you fast ungodly activities? Or do you think your fast will be ineffective? Explain either position or both.
13. Give an example in your life where fasting made a natural or supernatural difference.