**July 13-14**

**Upsided Down**

**FASTING**

**Matthew 6:16-18**



Fasting is **depriving** myself of food or drink.

Fasting **renews** dependency. (Matt 4:4)

Fasting should be **partnered** with scripture reading, worship, and prayer.

If my heart is pure, others can **know**. (Acts 13:2, Acts 14:23, 1 Cor 7:5)

Fast before my **next** big step.



What stood out to you the most from today’s message?   Why?

What is your next big step? It could be relocation, accepting a new job offer, a large purchase, etc. Regardless of your next big step in life, consider fasting and prayer before making your decision.

Name some friends who would agree to partner with you in an intentional fast before your next big step. Partner together with them and agree on schedule that will work for all of you. It could be skipping a meal on a particular day and seeking God, or it could be a longer fast. Take notes as you deprive yourself of food and water and renew your dependency upon God.



Day 1 1 Thessalonians 2 Day 2 1 Thessalonians 3

Day 3 1 Thessalonians 4 Day 4 1 Thessalonians 5

Day 5 2 Thessalonians 1 Day 6 2 Thessalonians 2

 Day 7 2 Thessalonians 3