



**Educate
+ Engage**



THE THREE- LEGGED STOOL



Leg 3 - Fasting

OVERVIEW

As we seek to grow closer to God, we look for ways to block out distractions. Fasting isn't about punishing yourself or earning extra points with God. It's about removing the clutter so you can hear His voice more clearly and follow Him more closely. Fasting is about saying "no" to something you normally say "yes" to so that you can say a deeper "yes" to God. Whether it's food, social media, or entertainment, fasting helps realign your heart with God's.

In this lesson, we'll explore why fasting, the final leg of the stool, is so important, how it shapes us from the inside out, and how we can approach it with intention and purpose.

Scripture Passage

Matthew 6:16–18 (NKJV)

"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. But you, when you fast, anoint your head and wash your face, 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.

Joel 2:12 (NKJV)

"Now, therefore," says the Lord, "Turn to Me with all your heart, With fasting, with weeping, and with mourning."

Isaiah 58:6 (NKJV)

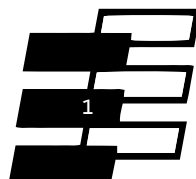
"Is this not the fast that I have chosen: To loose the bonds of wickedness, To undo the heavy burdens, To let the oppressed go free, And that you break every yoke?"

Matthew 4:1–4 (NKJV)

Then Jesus was led up by the Spirit into the wilderness to be tempted by the devil. And when He had fasted forty days and forty nights, afterward He was hungry. Now when the tempter came to Him, he said, "If You are the Son of God, command that these stones become bread." But He answered and said, "It is written, 'Man shall not live by bread alone, but by every word that proceeds from the mouth of God.' "

Acts 13:2–3 (NKJV)

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." Then, having fasted and prayed, and laid hands on them, they sent them away.



EDUCATE

Fasting might sound intimidating or old-fashioned, but it is an effective tool for spiritual growth. While it often involves food, it's really about focus. You can fast anything that steals your attention, affection, or energy from God.

Let's explore reasons fasting matters in your spiritual life:

Point 1: Fasting teaches us to crave God more than the world.

At its core, fasting is about hunger—specifically, spiritual hunger. It's about choosing to crave God more than anything else. The truth is, we often fill up on things that temporarily satisfy but leave our spirits empty. Social media, junk food, endless scrolling—they feel good in the moment but dull our awareness of God.

Fasting reveals what's controlling you. It exposes the things that take priority in your life. When you remove those things, even temporarily, you become more sensitive to God's presence and voice. You start to realize that what your soul needs most isn't more entertainment; it's more of Jesus.

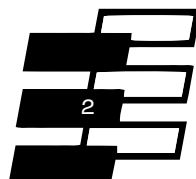
Point 2: Fasting breaks patterns and builds discipline.

Fasting isn't just a spiritual "reset." It's also a training ground. When we fast, we're learning how to say no to our flesh (our selfish human will), which makes it easier to say no to sin, selfishness, and temptation. Think of it like strength training for your spirit. You build muscle by resistance. Fasting gives your spirit strength by resisting what your human will and habits normally crave.

We live in a world that celebrates indulgence. Fasting pushes against that tide and reminds us that we are not ruled by our cravings; we're led by the Spirit. If you can say no to your favorite food or app for a day, you're more likely to say no when the enemy whispers temptation in your ear.

Point 3: Fasting makes room for God's voice and direction.

There's a reason so many big spiritual moments in Scripture are preceded by fasting. Jesus fasted before starting His ministry (Matthew 4:1–2). The early church fasted before sending missionaries (Acts 13:2–3).



Why? Because fasting creates space for clarity. It doesn't manipulate God into performing, but it helps us listen to God more closely.

When you fast, you slow down. You get quiet. You notice the nudges of the Holy Spirit. You start to hear God's direction in areas that were fuzzy before. If you feel spiritually stuck, confused, or overwhelmed, fasting may be the key to a breakthrough.

Fasting is never meant to stand alone. It always pairs with prayer and Scripture. When you fast, you create open time. Use that time to talk to God and dive into His Word. You'll be amazed how much more meaningful your Bible reading and prayer time become when your distractions are put aside.

Closing

Fasting might not be easy, but it's worth it. It's an important leg of the stool, and without it, your spiritual life lacks balance and focus. Fasting helps clear the clutter and quiet the noise so you can hear God more clearly. It trains your heart to crave what really matters and deepens your dependence on Him. When you choose to fast, you're choosing to make room for God in a powerful way. And when you are committed to prayer, the Word, and fasting, your faith is steady, your focus is clear, and you're equipped to walk in a deep and passionate relationship with Jesus.

ENGAGE

1. What's one thing you often turn to when you're bored, tired, or stressed?
2. Have you ever fasted before? If so, what did you learn through it?
3. What do you think God could show you if you gave Him more space to speak?

Pick something specific to fast for the next two to three days. It could be food, social media, gaming, or something else that takes up your attention. Every time you want that thing, pause to pray.

Ask God to speak, guide, or shift your heart. Keep a journal or notes app where you write one sentence per day about what God is showing you. Ask yourself: What am I learning about God? What am I learning about myself?

