



Eston College Online

Foundations In Fasting

30 Hours

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I. Course Description

This course provides students with the foundations to the biblical and theological understanding of the spiritual discipline of fasting as seen throughout the entire canon of Scripture. This course educates, inspires, and shows students the way to lay hold of God's power by embracing the spiritual discipline of fasting. Last, but not least, this course heightens an awareness of fasting combined with prayer as a means to bring healing, deliverance, fresh vision, and focus to those who practice this spiritual weapon.

II. Learning Outcomes

A. Primary Student Outcomes

Upon completion of this course, you will...

1. Be familiarized with the spiritual discipline of fasting and its relevancy to your ministry.
2. Gain biblical and theological understanding of fasting, its origin, benefits, purpose, and how its regular practice can bring about an abundant life.
3. Develop an appreciation for fasting and its far-reaching magnitude into your walk with the Lord.

B. Learning Objectives

Upon completion of this course, you will...

Cognitive (Head) – After completing this course you will...

1. Be able to communicate the biblical definitions of fasting, by looking at the original languages.
2. Be able to describe, critically evaluate, and communicate the biblical and theological foundations of fasting and its impact on your life.
3. Be able to evaluate your traditions, beliefs, values, and attitude towards fasting, which may have affected / hindered you from reaching your full potential in Jesus Christ.

Affective (Heart) – After completing this course you will...

1. solidify an awareness of the depth that Scripture conveys of fasting as a spiritual discipline and its relevance and application for continual personal and spiritual growth.
2. gain a deep awareness of the core value and the supernatural force of fasting to unlock spiritual power and breakthrough.
3. Be able to move from a cognitive knowledge of fasting as a biblical and spiritual discipline to an affective knowledge that understand the deep-seated need for the application of this important spiritual weapon.

Conative (Hands) – After completing this course you will...

1. Be encouraged and able to take what has been learned and implement the spiritual discipline of fasting into one's life and ministry.
2. Be inspired to engage with fasting as a spiritual practice that points to your continued availability to God's transforming work in your life
3. Be empowered to share with others your biblical knowledge of fasting as a spiritual discipline, as well as your personal experience with fasting.

III. Course Content

Lesson 1: Fasting and the Christian Life

1. Fasting and the Christian Life
2. Fasting: Is It Relevant today?
3. Why and When Should Christians Fast?
4. What are the Factors That Inhibit Christians from Fasting?

Lesson 2: The Biblical Foundation to Fasting

1. What Is the Biblical Origin for Fasting?
2. What Is the Biblical Purpose for Fasting?
3. What Is the Biblical Foundation for Fasting?
4. What Is the Biblical Foundation for Fasting? – Continued
5. What Is the Hebrew Foundation for Fasting?
6. What Is the Greek Foundation for Fasting?

Lesson 3: Fasting and the Spiritual Disciplines

1. Fasting and Spiritual Disciplines
2. What Is the Heart of Fasting?
3. What Are the Physical and Spiritual Appetites?
4. What Are the Physical and Spiritual Appetites? – Continued
5. Fasting and Prayer

Lesson 4: The Practical Aspects of Fasting

1. Spiritual Preparation for Fasting
2. What Are the Benefits of Fasting?
3. What Are the Types, Lengths, and Categories in Fasting?
4. What Are the Preparation and Concluding Logistics in Fasting?
5. Warnings in Fasting
6. How Can Fasting Be Abused?

Lesson 5: Examples of Fasting

1. The Esther Fast
2. The Daniel Fast
3. Fasting in the Life of the Apostle Paul
4. Fasting in the Life of Jesus

IV. Course Evaluation

A. To complete this course for credit with ACOP's credentialing, or for the sake of Eston College's future accreditation, the student must complete the following assignments according to the Eston College Format Guide.

B. Assignments

1. Complete Online Curriculum 30%

2. Reflective Book Critique 25%

Choose *one* of the following books and write a five (5) page Reflective Book Critique, which includes the Cover Page and Works Cited Page. This paper is to be double spaced, Times New Roman, size 12 font. Grading Criteria will be based on the Guidelines for Writing the Reflective Book Critique book stated below.

Piper, John. *A Hunger for God: Desiring God Through Fasting and Prayer*. Wheaton, IL: Crossway, 2013. Available from [Scribd](#) or from [Desiring God's website](#).

OR

Wallis, Arthur. *God's Chosen Fast: A Spiritual and Practical Guide to Fasting*. Fort Washington, PA: CLC Publications, 2016.

Guidelines for Writing the Reflective Book Critique

A good Reflective Book Critique covers but are not limited to the following areas:

- Evidence that you have read the book.
- Mechanics: spelling, grammar, clarity of expression, format, etc.
- It provides information about the author and their background—first paragraph.
- It provides an overview of the book's layout—second paragraph.
- It provides an objective and interactive analysis of the author's major premises, themes, or assumptions in the book.
- We do not *judge* the *person* (author) but we judge and address *their* (author) *ideas*.
- Insight and critical analysis including your perceptions of the various concepts presented.
- It is not enough to say we agreed or did not agree with the author's assumptions; we need to say *specifically* what we agree or disagree with and the **objective reasons** for our conclusions.

3. Lesson Quizzes 25%

There will be five (5) short quizzes at the end of each lesson. Each quiz will be worth 5% of the student's grade. This may consist of T / F, Multiple Choice, or Short Essay.

4. Final Exam 20%

The Final Exam will be based upon the entire course. This may consist of T / F, Multiple Choice, or Short Essay.

C. Time Investment:

Assignment Name	Hours	Percentage
Complete Online Curriculum	5	30%
Reflective Book Critique	12	25%
Lesson Quizzes	8	25%

Final Exam	5	20%
Total Hours	30	100%

Students are highly encouraged to put into practice what they are learning throughout this course.

V. Bibliography

- Brianchaninov, St. Ignatij. 1807-1867 AD. A bishop and theologian of the Russian Orthodox Church. <http://www.sfaturiortodoxe.ro/orthodox/orthodox_advices_fasting.htm>.
- Bright, Bill. "Basic Steps to Successful Fasting and Prayer".
<<http://www.creatingfutures.net/fasting.htm>>
- Broadbent III, Gordon P. *A Call to Biblical Fasting: A Written Sermon*, Doctoral unpublished manuscript. Sun Valley, CA: The Master's Seminary, October 30, 2006.
- Calvin, John. *Institutes of the Christian Religion*. Bellingham, WA: Logos Bible Software, 1997.
- Charles M. Murphy, *The Spirituality of Fasting, Rediscovering A Christian Practice*. Notre Dame, IN: Ave Maria Press, 2010.
- Foster, Richard. *The Celebration of Discipline* (New York: Harper & Row, 1978), 48.
- Franklin, Jentezen. *Fasting*. Lake Mary, FL: Charisma House, 2008.
- Josephus, Flavius. "Antiquities of the Jews", *The Works of Josephus*, 14.4.3. "On the Life of Moses, II", In Philo of Alexandria and Yonge, *The Works of Philo*, 493.
- Kittel, Gerhard. Geoffrey W. Bromiley, and Gerhard Friedrich. Eds. *Theological Dictionary of the New Testament*. Grand Rapids, MI: Eerdmans, 1964.
- Lewis, C. S. *The Problem of Pain*. New York: Macmillan, 1962.
- Martyn Lloyd-Jones, *Studies in the Sermon on the Mount*, Vol. 2. Grand Rapids, MI: William B. Eerdmans Publishing Company, 1972.
- Murphy, Charles M. *The Spirituality of Fasting, Rediscovering A Christian Practice*. Notre Dame, IN: Ave Maria Press, 2010.
- Newberry, Ian. *Available for God: A Biblical and Practical Approach to Fasting*. Trans. by Peter Coleman. Carlisle, UK: OM Publishing, 1996.
- Piper, John. *A Hunger for God: Desiring God Through Fasting and Prayer*. Wheaton, IL: Crossway, 1997.
- Plantinga, Jr. Cornelius, quoted in "The Reformed Journal" (November 1988).
- Saint Basil the Great, 329-379 AD; Doctor of the Catholic Church,
<http://www.sfaturiortodoxe.ro/orthodox/orthodox_advices_fasting.htm>.
- Stanley, Charles. *The Benefits of Prayer and Fasting*.
<<http://www.northsidecitychurch.com/docs/bopf.pdf>>.
- Towns, Elmer L. *Fasting for Spiritual Breakthrough*. Ventura, CA: Regal Books, 1996.
- Towns, Elmer L. "Fasting for Spiritual Breakthrough Study Guide". n.d.
<http://digitalcommons.liberty.edu/cgi/viewcontent.cgi?article=1016&context=towns_books>.
- Whitney, Donald S. *Spiritual Disciplines for the Christian Life*. Colorado Springs, CO: NavPress, 1991.

Required Textbooks:

Your preferred Version of God's Word.

Juell, Sheldon. *Fasting: Unlocking Spiritual Power and Breakthrough*. Vol. 1. Amazon Paperback, 2018. Also available in Kindle.

Choose one of the following textbooks to write a five (5) page Reflective Book Critique including the Cover Page and Works Cited Page. Please follow the guidelines above for writing this Reflective Book Critique.

Piper, John. *A Hunger for God: Desiring God Through Fasting and Prayer*. Wheaton, IL: Crossway, 2013. Available from [Scribd](#) or from [Desiring God's](#) website.

OR

Wallis, Arthur. *God's Chosen Fast: A Spiritual and Practical Guide to Fasting*. Fort Washington, PA: CLC Publications, 2016.

Recommended Sources:

"Diversity at Work Series: Fasting in World Religions", RRAE Unit, OPC September 05.

<<http://www.beliefnet.com/Faiths/2001/02/Fasting-Chart.aspx>>.

Juell, Sheldon. *Fasting: Unlocking Spiritual Power and Breakthrough, Personal Reflections*. Vol. 2. Amazon Paperback, 2018. Also available in Kindle.

Ryan, Thomas. *Fasting: A Fresh Look*, n.d.

<<http://americamagazine.org/issue/563/article/fasting-fresh-look>>

Saint Athanasius the Great, ca. 296-373 AD.

<http://www.sfaturiortodoxe.ro/orthodox/orthodox_advices_fasting.htm>.

<<http://www.allaboutfasting.com/history-of-fasting.html>>.

<<http://www.allaboutprayer.org/types-of-fasting-faq.htm>>.