

Foundations In Fasting
30 Hours
Sheldon Juell, Ph.D.

Lesson 1: Fasting and the Christian Life

Topic 4: What Are the Factors That Inhibit Christians from Fasting? – Class Notes

4.1 – Lesson 3: Summary

- 9 Reasons Why Christians Should Fast.
- Jesus said, “**When you fast**”.
- Fasting and Divine Intervention.
- Biblical Situations Where Fasting Occurred.

4.2 – Lesson 4: Factors That Inhibit Christians from Fasting

- Ignorance
- Selfishness
- Lack of Self-Control
- Misguided Priorities

4.3 – Factor #1: Ignorance

- Many Christians are ignorant of biblical exhortations to practice fasting and its subsequent benefits.

4.4 – Ignorance

- “My people are destroyed from lack of knowledge. Because you have rejected knowledge, I also reject you as my priests; because you have ignored the law of your God, I also will ignore your children” (Hos. 4:6).

4.5 – Factor #2: Selfishness

- Convenience and temporary pleasures have a tendency to take our focus off of seeking the Lord and His will for our lives (Col. 3:1-3).

4.6 – Selfishness

- “Therefore, I urge you, brothers, in view of God’s mercy, to offer your bodies as living sacrifices, holy and pleasing to God—this is your spiritual act of worship” (Rom. 12:1).

4.7 – Factor #3: Indifference

- We need to not only see our own personal and spiritual needs, but also value and submit ourselves to the spiritual discipline of fasting.

4.8 – Indifference

- “I have not departed from the commands of his lips; I have treasured the words of his mouth more than my daily bread” (Job 23:12).

4.9 – Factor #4: A Lack of Self-Control

- We must appropriate self-control as a fruit of the Spirit as we deny ourselves and take up His cross and follow Him (Gal. 5:16-18, 22-23; Mt. 16:24-28).

4.10 – A Lack of Self-Control

- “So I say, walk by the Spirit, and you will not gratify the desires of the flesh. For the flesh desires what is contrary to the Spirit, and the Spirit what is contrary to the flesh. They are in conflict with each other, so that you are not to do whatever you want. But if you are led by the Spirit, you are not under the law” (Gal. 5:16-18).

4.11 – A Lack of Self-Control

- “But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness and self-control. Against such things there is no law. Those who belong to Christ Jesus have crucified the flesh with its passions and desires. Since we live by the Spirit, let us keep in step with the Spirit. Let us not become conceited, provoking and envying each other” (Gal. 5:22-25).

4.12 – Factor #5: Misguided Priorities

- Anytime we place someone or something as a higher priority than the Lord in our lives it becomes an idol (Rom. 14:17-18).

4.13 – Misguided Priorities

- “But seek first his kingdom and his righteousness, and all these things will be given to you as well” (Mt. 6:33).

4.14 – Factor #6: Delusional Christianity

- Is when the truth in the Word of God is perceived as being false and subsequently the fullest extent of God’s truth is not lived out within a person life.

4.15 – Factor #7: It’s Being Christ-like

- “The life that He lived qualified Him for the death that He died. The death that He died qualifies us to live the life that He lived” (author unknown).

4.16 – Lesson 2: The Biblical Foundation of Fasting

- The biblical Origin and Purpose of Fasting
- The Hebrew and Greek Foundations⁶⁵ to Fasting