



**SESSION 2** (PERSONAL APPLICATION emphasis):

“In the art of conversation, there are six good and trusted men:  
their names are **who** and **how** and **what**; and **why** and **where** and **when!**”

*Hopefully the other resources for this habit have answered the questions of **who** (yes it is for all us - its finding what is the best method for me!), and **why** (yes lots of reasons are given in scripture why this is important)*

*So this session is about getting more practical, in considering **what** might be a wise thing to address in fasting; **how** you could do that, and **where** and **when** are the best (& worst!) places and times. We'll also look to get time to address any **concerns** and look at a few **cautions**.*

- **what?**

*This is following on from the Personal Exercise (P1) identifying the most obvious areas that are “resistors in the circuit” of aiding your connection with the Lord, having written a list with 2 columns of “What Most Helps Me Connect”, and “What Most Gets in the Way”.*

*You should have identified the top 3 areas you want to respond in of “Taking Something On” or “Giving Something Up”, & shared that list with someone (if in Small Group, do this in pairs; both sharing your reflections).*

IDENTIFIED AREAS (I want to respond to)	GIVE UP? or TAKE ON?	WHAT's THE BIG IDEA?	WHAT's the GOAL (How measure it?)
1)			
2)			
3)			

- Describe how you would explain this plan in 30 seconds (100 words maximum) to a stranger you have just met

- **how?**

- How can I most effectively put this plan into practice?
- Specific boundaries I need to put around this plan?
- Who am I going to be accountable for this plan?

- **when?**

Are there times when its good not to fast?

Read Luke 5 v33-34 & discuss.

Is this the right time to do this?

- **where?**

Can I identify places and situations that could compromise my plan or make it difficult?

Do I give myself grace to stop my plan in that context? or plan to carry on regardless?

- **concerns**

What do I identify as the biggest threat, obstacle or opposition to doing this well?

How can I put proactive plans in place to respond to those?

- **cautions**

- a) Drink fluids - what drinks am I OK with?  
Just water? Caffeine OK? Macrobiotic drinks e.g. Actimel?
- b) Any Health problems
- c) Eating disorders and issues with food
- d) Work commitments
- e) Biological Changes! Breath & other smells.... plus....
- f) More vulnerable to the devil (2 Corinthians 2:11)
- f) Do not allow disappointments to set in – inc bathroom experience!
- g) Beware of the temptation for self-righteousness
  - i) In your own eyes Luke 18:11-12
  - ii) In the eyes of others Matthew 6:16-18
- h) Fasting is NOT CONDITIONAL – beware the focus becoming what you want, rather than the Lord  
Isaiah 58 v5-7
- i) Be accountable - that some one else knows what you are doing & you have a check person if you think you should stop e.g. if you have a cold (that you've given permission to be directive to you)
- j) Seek the Lords guidance – esp when to stop!
- k) Learning how to stop! (slowly taking on food etc)

**recommended reading: 'God's Chosen Fast' ( a spiritual & practical guide to fasting) – Arthur Wallis**

*very old fashioned in places, but fairly comprehensive*

**'Spirit of the Disciplines' – Dallas Willard**

**'Celebration of Discipline' – Richard Foster**

**2 'classics' that have an overview of spiritual disciplines including (but not exclusive to) fasting  
(Life Giving Habits are based on these 2 books)**