



LiveSTRONG 2: Dare to Change Your Life
January 16, 2011

Luke 4:1-13, page 783

Fasting:

1. In case of fasting, it is controlling our _____
with our _____.
2. Fasting from our desires and needs is therefore _____
on the _____ and doing His _____.

Solitude:

1. Just like fasting, we must _____ it well
enough and _____ to _____ it.
2. Spiritual Disciplines must be God _____ and
God _____.

Digging Deeper

1. Why do you think we don't practice Fasting as much as other disciplines?
2. According to Mathew 6:16-18, how should we approach fasting?
3. What are some things we can fast from?
4. What kind of Fasting and actions please God according to Isaiah 58?
5. According to Matthew 14:10-13 and Luke 5:12-16, what were some of the occasions when Jesus sought Solitude?