

Laying Hold SERMON NOTES

LAYING HOLD OF FASTING
ISAIAH 58:1-12 | FEBRUARY 19, 2017
SENIOR PASTOR
TIM HARKNESS



Intro:

1. True fasting is not _____ with penance. It is _____
with repentance. (1-5)

Conclusion:

2. True fasting involves a _____, _____ heart longing for
God's intervention. (6-12)

New Reading Plan:

Monday, Feb. 20th - Nehemiah 1:1-2:8

Fast and pray

Tuesday, Feb. 21st - Luke 4:1-15

Jesus fasted for 40 days

Wednesday, Feb. 22nd - Acts 13:1-12

For the sake of the Gospel

Thursday, Feb. 23rd - Isaiah 58:1-14

The fast that God chooses

Friday, Feb. 24th - 1 Samuel 1:1-28

Laying Hold of Waiting

STUDY QUESTIONS

KEY PASSAGE: Isaiah 58:1-12

Opening: Read Isaiah 58:1-12. From the passage/sermon, what truths impacted you the most?

1. In Matthew 6:9-13, we see a call to pray in several different areas. For each of the following areas, explain what it means to pray for that area.

- a. "Hallowed be your name"
- b. "Your Kingdom come"
- c. "Your will be done"
- d. "Give us this day our daily bread"
- e. "Forgive us"
- f. "As we have forgiven our debtors"

STUDY QUESTIONS

g. "Lead us not into temptation"

h. "Deliver us from evil"

2. Read the following verses. What do you learn about self-discipline? How does this apply to fasting?

a. 1 Corinthians 9:24-27

b. 1 Timothy 4:6-8

c. Romans 13:14

d. Hebrews 12:1

Application: How does God want you to make use of the discipline of fasting in your spiritual life? Commit to pursuing that in the next week.