

# NewSpring Church Personal Study Guide

## Where's my Bailout? — Week 3

We can get anything we want, any time we want it. You can get tickets to a Broadway Show, buy airline tickets, make reservations for dinner at the Waldorf Astoria and get a room all from your recliner using your laptop. If we want it, we can get it...now. In our “get it now” culture, fasting reminds us to focus on Jesus. While we fast we are drawn away from the provision and toward the provider.

- How does constant instant gratification affect your spiritual health?
- Read Luke 18:9-14. What should be your motivation for fasting? What parts of this story resonate with you?
- How does fasting focus the mind? On what should you focus while fasting? On what should you not focus while fasting?
- 1 Corinthians 7:5 What other things should we fast besides food? Why?
- Psalm 35:13 says that fasting is the humbling of the soul. How does it do that?
- Read Isaiah 58. What can we learn about the purpose of fasting from this chapter?

Wouldn't it be sad to eliminate all wrong desires from your life only to find that you are prideful of your accomplishment? Jesus' harshest criticism was reserved for men who followed all the rules, fasted twice a week and wanted their acts of righteousness to be seen by men instead of God. We must trust that an omniscient God can see and will bless our acts of righteousness that we do for Him in secret. He knows what you are doing and will bless your obedience.



