



RCCG YAYA SUNDAY SCHOOL FOR YOUTH 25 JUNE 2023: STUDENT MANUAL

Description

This is RCCG YAYA SUNDAY SCHOOL FOR YOUTH 25 JUNE 2023 STUDENT MANUAL LESSON FORTY-THREE (43). The topic is **BIBLICAL FAST**.

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RCCG YAYA SUNDAY SCHOOL FOR YOUTH 25 JUNE 2023 (LESSON 43)

TOPIC: BIBLICAL FAST

BIBLE PASSAGE: Daniel 10:2-3 (NKJV)

² In those days I, Daniel, was mourning three full weeks.

³ I ate no pleasant food, no meat or wine came into my mouth, nor did I anoint myself at all, till three whole weeks were fulfilled.

MEMORY VERSE: Daniel 9:3 (NKJV)

Then I set my face toward the Lord God to make request by prayer and supplications, with fasting, sackcloth, and ashes.

INTRODUCTION

Fasting, in the Bible, is total abstinence from pleasure-giving activities for a set time for the purpose of

devoting oneself to seeking God.

While there are many ways believers could fast, too often the focus is on abstinence from food.

In this lesson, we shall examine different types of biblical fast, basic cautions, and reasons for fasting.

LESSON OUTLINES:

1. TYPES OF FAST IN THE BIBLE
2. REASONS AND BASIC CAUTIONS

1. TYPES OF FAST IN THE BIBLE

1. **Food fast** – This is abstinence from food/drinks. It may take the form of:
 1. Regular fast: This is done by abstaining from all food, both solid and liquid. (2Chr.20:3). The fast is usually broken daily or periodically (Jer. 36:6).
 2. Partial fast: This is inspired by Prophet Daniel. All meat and animal products are disallowed. The Daniel Fast includes vegetables, legumes, whole grains, seeds, and water. These guidelines are based on Daniel's request of "nothing but vegetables to eat and water to drink" (Dan. 1:8-14).
 3. Absolute or full fast: Where no food or water is consumed (Esth. 4:16; Acts 27:33). For instance, Moses, Elijah, and the Lord Jesus Christ did a forty-day absolute fast (Deut. 9:9; 1 Kgs. 19:7-8; Lk. 4:2).
2. **Sex fast** – The Bible also makes reference to 'sexual fast' (Ex. 19:15), married couples can mutually agree to abstain from sex for a short period of time in order to devote themselves to prayers (1Cor. 7:5).
3. **'Pleasure' fast** – Another way is to confine or isolate oneself from people and pleasurable things to a place as a means of worship, studying the Bible, and praying to God for a purpose (Lk.2:36-37; 5:16). Time alone with God requires discipline and avoidance of distractions.

CLASS ACTIVITY 1:

Students should mention which of these fast they have had.

2. REASONS AND BASIC CAUTIONS

Fasting is far more about focus on God than abstinence from food or other things that give pleasure (Zech.7:5). Also, people fast for various reasons.

Some for spiritual strength (Isa.40:30-31), supernatural revelation, wisdom and understanding (Ezr.8:21; Dan.9:22), supernatural breakthrough (Zech.8;19) repentance from sinful ways (Joel 2:12-13; Dan.9:3-5), spiritual hunger and demonstration of love for God's people and burden for souls (2Cor.11:27-28; Matt.5:6) and sharing with the poor and destruction of wicked works, among others (Isa.58:6-7).

Fasting helps to subdue the flesh (1 Cor.9:27), to bridle your tongue, to tame your temper and to move

'stubborn mountains' (Matt.17:14-21).

Believers should exercise some caution while fasting. For instance, fasting should be limited to a set time and for a clear purpose (1Cor.7:5; Esth.4:16).

It is neither intended to punish the body nor a dieting method (Isa.58:5) but to redirect attention to God. It is a period to give up self – indulging activities – for a deeper fellowship with God (Matt.4:1-2).

Anyone can fast, but some may not be able to fast from food-maybe for health related issues.

However, everyone can temporarily give up something in order to draw closer to God (Ex.19:15). Biblical fast is to be done in a spirit of humility and joyfulness (Matt. 6:16-18). It should not be to manipulate God or do evil (Isa.58:4; Acts 23:21).

In breaking an 'absolute and long fast,' warm liquids, (not carbonated drinks) are advised and should be taken in bits.

CLASS ACTIVITY 2:

Does inability to spend quality time in prayer nullify fast?

CONCLUSION: RCCG YAYA SUNDAY SCHOOL FOR YOUTH 25 JUNE 2023

Ask God for wisdom (Jam.1:5) as regards how and for how long and what purpose He wants you to fast.

QUESTIONS

- Mention the types of fast in the Bible
- Mention three reasons why believers fasted in the Bible.

FURTHER READING

1. **Monday:** Matthew 21:22
2. **Tuesday:** 1 Corinthians .7:5
3. **Wednesday:** Exodus 34:28
4. **Thursday:** 1 Samuel 7:6
5. **Friday:** Isaiah 58:2
6. **Saturday:** 2 Corinthians 6:5
7. **Sunday:** Matthew 14:23

ASSIGNMENT: RCCG YAYA SUNDAY SCHOOL FOR YOUTH 25 JUNE 2023

Mention five benefits you have derived or will derive from biblical fast (2×5=10 marks).

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