

If we go about our “regular routine” during a fast, our time to concentrate and focus on the purpose of our fast will be greatly compromised. We will reach the end of the fast having had little time for prayer, study, and meditation. Ultimately, our fast will not be effective.

Isaiah 58:1-9—God highlights incorrect fasting—finding pleasure in the day of your fast and working in your labors, fasting to **MAKE** your voice heard on high, or fasting for strife and debate.

4. **Concentrate Your Prayer, Meditation and Bible Study on Your Purpose:** As you take extra time for prayer, meditation, and Bible study during your fast, work to make sure you are not doing this on “random” topics, but on the central theme or focus of your fast. Concentrating all of these spiritual tools on the central purpose of the fast will result in a much more effective fast.

## **IV. Conclusion**

Along with Bible study and meditation, prayer and fasting are two essential tools for spiritual growth and should be exercised regularly by all true Christians, especially those in leadership positions. Without the *regular* use of these tools, we cannot be thoroughly equipped for our spiritual responsibilities. Conversely, if we use these tools regularly, we give ourselves to God as a tremendous tool to do His work and will.

**Optional Homework for Next Class:** (choose one assignment to complete)

- Reflect on and discuss with your spouse or another, the benefits of regular Bible study and study of the Church’s written materials.
- Do a brief Bible study and identify admonitions to regularly study God’s Bible.
- Do a brief Bible study on the topic of meditation.