A SHORT BIBLE STUDY

Fasting and Other Habits of Faith

Short Studies for the Christian Life



Fasting, Scripture memory, rest and worship as a way of life

Andrew Dominguez

Trinfinity Enterprises

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A Note on the Bible Translation Used in This Book

My preferred Bible for personal study, teaching, and research is the Steadfast Literal Bible (SLB). I chose it because it is a word-for-word translation in today's language, built on the ancient Scripture sources: the Hebrew and Aramaic of the Old Testament and the Greek of the New Testament. I prepared the SLB myself, and the Scripture in this book is taken from it.

Where a literal phrase would mislead an English reader, the SLB gives the writer's meaning in plain words. Words added for sense are set in bold italics so you can see what is in the original and what is not.

The complete Steadfast Literal Bible is free to read, search, download, and print at trinfinityenterprises.com/slb. If you want to check a verse in its full setting or read the translation's preface and principles, that is the place to go.

Above all, my desire is not to promote one translation over another, but to faithfully teach the Word of God, encourage careful examination of the Scriptures, and help readers grow in their knowledge, understanding, and relationship with the Lord.

May every page of this book direct attention not to the translation itself, but to the truth of God's Word and the One whom it reveals.

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Introduction

> *for bodily training is profitable for a little, but godliness is profitable for all things, holding promise of the life that **is** now and of that which is coming.*
>
> 1 Timothy 4:8 (SLB)

Some of the most important things in the Christian life are not dramatic. They are small habits, practiced day after day and week after week, that keep us close to God. Daniel prayed three times a day, "just as he had been doing from before this" (Daniel 6:10). When the crisis came and the king's law said he would be thrown to the lions, Daniel didn't have to decide what to do. His habit had already decided.

My mini book collection *Growing Closer to God* already has three short studies on prayer and one on trusting God's Word. This book looks at four other habits the Bible encourages: fasting, memorizing Scripture, rest, and worship. Some of these have been nearly forgotten by many believers today, especially fasting and rest. I want to show what the Bible actually says about them, and how ordinary people can begin.

A Word of Caution

Habits of faith are not ways to earn God's love. You can't fast your way into heaven or memorize enough verses to make God owe you. Salvation is a free gift, received by faith in Jesus Christ (Ephesians 2:8-9). These habits are ways of making room for the God who has already saved us. They are like opening the windows of a house so the light can come in. The light is His. We just open the windows.

Each chapter ends with questions for personal reading or a small group. At the back are a simple weekly rhythm and a list of verses to memorize first.

Chapter 1: Training for Godliness

> *But He Himself was withdrawing in the deserts and praying.*
>
> Luke 5:16 (SLB)

Paul told Timothy to train himself for godliness.

> *But refuse the profane and old-womanish myths, and train yourself for godliness; for bodily training is profitable for a little, but godliness is profitable for all things, holding promise of the life that* ***is*** *now and of that which is coming.* (1 Timothy 4:7-8)

The word Paul uses for training was used for athletes. Think of someone getting ready for a race. They don't just show up on race day and hope. They run every morning. They eat right. They go to bed on time. The training is not the race, but without it they won't finish the race well.

Habits of faith work the same way. Reading the Bible, praying, fasting, memorizing Scripture, resting, and worshiping with God's people don't make me godly by themselves. God does that. But they put me in the places where God has promised to work. They train me.

As a project manager, my natural pull is to turn everything into a checklist. Bible reading and prayer can become one more box to check. A checklist tells you what you did, not whether your heart changed. Spiritual habits only work when they draw us closer to Christ.

Jesus Had Habits

Jesus, the Son of God, made time to be alone with His Father. Luke tells us "He Himself was withdrawing in

the deserts and praying." The words show it was something He did over and over. Mark tells us that early in the morning, while it was still dark, Jesus went out to a deserted place and prayed (Mark 1:35). He went to the synagogue on the Sabbath "according to His custom" (Luke 4:16). He knew Scripture so well that He answered Satan three times with it (Matthew 4:1-11). If Jesus needed those habits, I certainly do.

Grace, Not Grind

There are two ditches on either side of this road. In one ditch, habits become a checklist. I read my chapter, say my prayer, check the box, and feel good about myself, whether or not I met with God. That was the Pharisees' problem. They fasted twice a week and tithed everything, and Jesus said the tax collector who simply cried out for mercy went home justified instead (Luke 18:9-14).

In the other ditch, I say, "I don't want to be legalistic," and do nothing at all. I wait to feel like reading my Bible, and I rarely feel like it. My spiritual life runs on whatever is left over after everything else.

The road between those ditches is grace. God's grace saves me and also trains me (Titus 2:11-12). I practice these habits not to earn His favor but because I already have it, and I want more of Him.

Start Small

If you have no habits of faith right now, don't try to start all of them on Monday. Pick one. Do it faithfully for a month. Then add another. A small habit you keep is worth more than a big plan you drop.

Study Questions

1. Read 1 Timothy 4:7-8. How is training for godliness like an athlete’s training?
2. What habits did Jesus practice? Why do you think He needed them?
3. Which ditch do you tend to fall into: making habits a checklist, or not having any at all?
4. How can a habit of faith be an expression of grace instead of a way of earning it?
5. If you could start one habit this month, what would it be?

Chapter 2: What Fasting Is

> *"And even now," declares the LORD, "return to Me with all your heart, and with fasting, and with weeping, and with wailing."*
>
> Joel 2:12 (SLB)

Fasting means going without food, or certain foods, for a time in order to seek God. It is mentioned dozens of times in the Bible, and yet many believers have never done it or even heard it taught.

Jesus Expected It

In the Sermon on the Mount, Jesus taught about three things side by side: giving, prayer, and fasting (Matthew 6:1-18). For each one, He said "whenever" or "when," not "if."

> *And whenever you fast, do not be gloomy like the hypocrites; for they disfigure their faces so that they may appear to men **to be** fasting. Truly I say to you that they have their reward in full. But you, when fasting, anoint your head and wash your face, so that you may not appear to men **to be** fasting, but to your Father who **is** in secret; and your Father who sees in secret will reward you openly.*
> (Matthew 6:16-18)

Jesus assumed His followers would fast. His concern was how they would do it. The hypocrites made sure everyone knew they were fasting. Jesus told His disciples to fast quietly, for the Father alone, and promised the Father would reward them.

Once, people asked Jesus why His disciples didn't fast like the disciples of John and the Pharisees.

> *Then the disciples of John come to Him, saying, "Why do we and the Pharisees fast often, but Your disciples do not fast?" And Jesus said to them, "Can the sons of the bridal chamber mourn as long as the bridegroom is with them? But days will come when the bridegroom will be taken away from them, and then they will fast."* (Matthew 9:14-15)

While Jesus was with them, it was a time of celebration, like a wedding. But He said the days would come when He would be taken away, "and then they will fast." We live in those days now. Jesus has gone to the Father, and we wait for His return. Fasting expresses that longing.

Why People Fasted in the Bible

The Bible shows God's people fasting for many reasons.

- **In sorrow and repentance.** When Nehemiah heard Jerusalem's walls were broken down, he "was fasting and praying before the God of the heavens" (Nehemiah 1:4). Through Joel, God called His people to return to Him "with fasting."
- **In a crisis.** Before Esther went to the king uninvited, risking her life, she asked all the Jews in Susa to fast for her for three days (Esther 4:16).
- **For guidance and protection.** Ezra proclaimed a fast at the river Ahava before a dangerous journey "to seek from Him a straight way for us" (Ezra 8:21).
- **When praying for someone.** David fasted and lay on the ground, pleading with God for his sick child (2 Samuel 12:16).
- **When the church sought God's direction.** The church in Antioch was worshiping and fasting when the Holy Spirit sent out Barnabas and Saul (Acts 13:2-3). Paul and Barnabas prayed with fasting when they appointed elders in the churches (Acts 14:23).

- **In spiritual battle.** Jesus fasted forty days in the wilderness before He was tempted by the devil (Matthew 4:1-2).

The Fast God Chooses

Fasting can go wrong. In Isaiah's day, people were fasting and complaining that God didn't notice. God told them why.

> *"Why have we fasted, and You have not seen? **Why** have we afflicted our soul, and You do not know?" Look, on the day of your fast you find pleasure, and you oppress all your laborers. Look, for strife and contention you fast, and to strike with a fist of wickedness; you do not fast as **you do** this day to make your voice heard on high. Is it like this, the fast that I choose, a day for a man to afflict his soul? **Is it** to bow down his head like a bulrush, and to spread out sackcloth and ashes **as his bed**? Will you call this a fast and a day of acceptance to the LORD? Is not this the fast that I choose: to loosen the bonds of wickedness, to unfasten the bindings of the yoke-bar, and to let the crushed go free, and **that** you tear apart every yoke-bar? Is it not to break your bread for the hungry, and **that** you bring the afflicted homeless **into your** house; when you see the naked, and you cover him, and you do not hide yourself from your own flesh?* (Isaiah 58:3-7)

They were going without food while mistreating their workers and fighting with each other. God said the fast He wants loosens the chains of the oppressed, shares bread with the hungry, and takes in the homeless. A fast that doesn't change how I treat people misses the point. One simple practice is to give away the money you would have spent on the meals you skip.

Fasting does not twist God's arm. It doesn't earn answers. It humbles me before Him, clears space for prayer, and reminds me that "Man will not live by bread alone, but by every word coming out through the mouth of God" (Matthew 4:4).

Study Questions

1. In Matthew 6:16-18, does Jesus say "if you fast" or "whenever you fast"? Why does that matter?
2. Read Matthew 9:14-15. Why didn't Jesus' disciples fast while He was with them? Why should we fast now?
3. Which of the reasons people fasted in the Bible speaks most to your situation?
4. What was wrong with the fasting in Isaiah 58? What kind of fast does God choose?
5. How does Matthew 4:4 explain what fasting teaches us?

Chapter 3: How to Fast

> *And we fasted and sought from our God concerning this, and He was entreated by us.*
>
> Ezra 8:23 (SLB)

If you have never fasted, it can seem intimidating. It doesn't need to be. Here is a simple, practical way to begin.

First, a Word About Health

God made our bodies, and He cares for them. Fasting from food is not wise for everyone. If you have diabetes or another medical condition, take medicine that must be taken with food, are pregnant or nursing, or have ever struggled with an eating disorder, talk with your doctor before you fast from food. There are other ways to fast, which I'll describe below. Always drink water during a fast unless a doctor says otherwise. Even Esther's three-day fast without water was an emergency, not a pattern for everyday life.

Kinds of Fasts in the Bible

- **A normal fast:** going without food but drinking water. Luke's account of Jesus' fast says He ate nothing and afterward was hungry (Luke 4:2). It mentions hunger, not thirst.
- **A partial fast:** giving up certain foods. Daniel went three weeks without "food of desirable things," meat, or wine (Daniel 10:2-3).
- **A full fast:** no food or water, for a very short time, in an emergency (Esther 4:16). This is rare and not something to try without good reason and good health.

Many believers today also fast from something other than food, such as television, social media, or their phone, for a set time. The Bible's examples are about food, but the principle of setting something aside to seek God can apply more broadly.

Start Small

Don't start with a three-day fast. Start by skipping one meal. Use the time you would have spent eating to pray and read Scripture. Then try a full day, from after dinner one evening to dinner the next. Build up slowly as you learn how your body responds.

Have a Purpose

Before you fast, decide why. Are you seeking God's direction about a decision? Praying for someone who is sick or far from God? Confessing a sin and asking Him to break its hold? Simply wanting to draw near to Him? Write it down. When you feel hunger, let it remind you to pray about that purpose.

Keep It Quiet

Jesus said not to make a show of it. You don't need to hide it from your spouse or family, especially if you share meals. But you don't need to post it, announce it, or look miserable. Wash your face, as Jesus said, and go about your day.

What to Expect

You will probably feel hungry, and maybe tired or irritable. That's normal. Hunger often comes in waves and passes. Don't expect a dramatic experience. Most fasts are quiet. The value is in the humbling, the praying, and the seeking, not in a feeling. Sometimes the answer

comes during the fast. Sometimes it comes later. Sometimes God’s answer is to change you instead of your circumstances.

Breaking a Fast

End with a small, light meal, especially after a longer fast. Thank God for His provision. Every meal is a gift, and fasting helps you remember it.

Study Questions

1. Why is it wise to think about your health before fasting?
2. What are the three kinds of fasts seen in the Bible?
3. What purpose might you set for a first fast?
4. Why does Jesus tell us to keep fasting quiet?
5. What would be a realistic first step in fasting for you?

Chapter 4: Hiding God's Word in Your Heart

> *In my heart I have treasured Your word, so that I will not sin against You.*
>
> Psalm 119:11 (SLB)

When Satan tempted Jesus in the wilderness, Jesus did not argue with him or try to out-reason him. Three times He answered, "It has been written," and quoted Deuteronomy (Matthew 4:1-11). Jesus had God's Word in His heart, ready when He needed it.

Recovery taught me how much it matters to have Scripture in your memory before trouble hits. In a moment of temptation, there is no time to look up a verse. Having it already in your mind gives the Holy Spirit truth to bring back when you need it.

Why Memorize Scripture?

The psalmist says he treasured God's Word in his heart "so that I will not sin against You." Memorized Scripture is a weapon against temptation. Paul calls God's Word "the sword of the Spirit" (Ephesians 6:17). A sword left in the closet doesn't help in a fight.

It also helps in many other ways.

- **Comfort in hard times.** When fear wakes you at night, you can't always reach for your Bible. But you can recall a verse you know.
- **Guidance in decisions.** God's Word in your heart shapes how you think when choices come.
- **Help for others.** When a friend is hurting, you can share a word from God, not just your own opinion.

- **Meditation.** You can think about a verse all day long, while driving, working, or waiting.

God Told Families to Do It

> *And these words which I am commanding you today shall be on your heart. And you shall repeat them to your sons, and you shall speak of them when you sit in your house and when you walk on the road and when you lie down and when you rise up.* (Deuteronomy 6:6-7)

Moses told Israel to keep God's words on their hearts and to talk about them all day long with their children: at home, on the road, at bedtime, and in the morning. God's Word was meant to be part of ordinary life. Memorizing it together as a family is one of the best ways to obey this.

How to Memorize

Many people say, "I can't memorize." But most of us know dozens of song lyrics, phone numbers, and sports statistics. We remember what we repeat. Here is a simple method.

1. **Pick one verse.** Start with a short one that means something to you. There is a list of twelve at the back of this book.
2. **Understand it.** Read the verses around it so you know what it means.
3. **Write it down.** Put it on a card with the reference on one side and the verse on the other.
4. **Say it out loud.** Read it several times, then try to say it without looking. Say the reference before and after.

5. **Learn it in pieces.** Learn the first phrase, then add the next, and so on.
6. **Review it every day.** Carry the card. Look at it at breakfast, at lunch, and before bed.
7. **Keep reviewing old verses.** Once a verse is learned, review it once a week so you don't lose it.

One verse a week adds up to fifty-two in a year. Even one a month is twelve verses you will carry for the rest of your life.

Memorize With Someone

It's easier with a partner. Memorize the same verse as your spouse, a friend, or your small group, and quote it to each other. Children are often better at it than adults, and they love to catch Mom or Dad making a mistake.

Study Questions

1. How did Jesus use Scripture when He was tempted (Matthew 4:1-11)?
2. Read Psalm 119:11. What is one reason the psalmist gives for treasuring God's Word in his heart?
3. Which of the reasons for memorizing Scripture matters most to you right now?
4. Deuteronomy 6:6-7 describes God's Word as part of ordinary life. How could your family practice that?
5. What verse will you start memorizing this week?

Chapter 5: The Gift of Rest

> *And He said to them, "Come, you yourselves, privately into a deserted place and rest a little." For those coming and those going were many, and they were not even having opportunity to eat.*
>
> Mark 6:31 (SLB)

Rest may be the most neglected habit of faith in our time. We are always busy, always connected, always behind. Many believers treat exhaustion like a badge of honor. But God built rest into the world from the beginning.

Between my day job, building guitars and writing books, slowing down has always been hard for me. Stepping away from tools and schedules reminds me that God runs the world without my help. Rest is a gift that keeps work from becoming an idol.

God Rested

> *And God completed on the seventh day His work which He had done, and He rested on the seventh day from all His work which He had done. And God blessed the seventh day and sanctified it, because on it He rested from all His work which God had created to make.* (Genesis 2:2-3)

God didn't rest because He was tired. He can't grow tired (Isaiah 40:28). He rested because His work of creation was complete, and He blessed that day and set it apart. He was showing a pattern for the people He made.

The Sabbath Command

> *Remember the day of the Sabbath, to sanctify it. Six days you shall labor and do all your work, and the seventh day* ***is*** *a Sabbath to the LORD your God; you shall not do any work, you and your son and your daughter, your male servant and your female servant, and your livestock, and your sojourner who* ***is*** *within your gates. For* ***in*** *six days the LORD made the heavens and the earth, the sea and all that* ***is*** *in them, and He rested on the seventh day; therefore the LORD blessed the day of the Sabbath, and He sanctified it.* (Exodus 20:8-11)

For Israel, the Sabbath was one of the Ten Commandments. One day in seven, everyone stopped working, from the head of the household down to the servants and the animals. It was a weekly reminder that they were God's people, that the world didn't depend on their work, and that God was their Provider.

What About Christians?

The New Testament does not put believers under the Sabbath law of Israel. Paul wrote, "let no one judge you in food or in drink or in respect of a feast or a new moon or Sabbaths, which are a shadow of the things coming, but the body is of Christ" (Colossians 2:16-17). The early church gathered on the first day of the week, the day Jesus rose (Acts 20:7; 1 Corinthians 16:2). In Romans 14:5-6, Paul says believers may differ on whether one day is set above another, and each should be fully convinced in his own mind.

Our true Sabbath rest is in Christ. Hebrews 4 says "there remains a Sabbath rest for the people of God," and that whoever enters God's rest has rested from his

own works (Hebrews 4:9-10). We don't work to be saved. We rest in what Jesus finished on the cross.

But the principle of regular rest is still wise and good. Jesus said, "The Sabbath was made for the sake of man, not man for the sake of the Sabbath" (Mark 2:27). It is a gift, not a burden. God made our bodies and minds to need rest, and ignoring that is not faith. It is often pride.

Jesus and Rest

When the disciples came back from a busy time of ministry, so many people were coming and going that they didn't even have time to eat. Jesus said, "Come, you yourselves, privately into a deserted place and rest a little." The Son of God told His disciples to take a break.

Psalm 127:2 says something similar: it is "in vain for you who rise early to get up, who delay sitting down, who eat the bread of toils; so He gives to His beloved sleep." Working day and night without rest doesn't show faith. Sleep is a gift from God and a way of trusting Him.

Practicing Rest

Here are some simple ways to build rest into your life.

- **Set apart a day.** Many believers set apart Sunday for worship, rest, and family. If your work requires Sundays, choose another day.
- **Stop working.** Put away the laptop, the work phone, and the to-do list. Trust God with what isn't done.
- **Do what restores you.** Worship with your church, spend time with family, take a walk, read, nap, enjoy a meal.
- **Sleep.** Go to bed at a reasonable time. Your body needs it, and so does your soul.

- **Take short breaks.** Even a few quiet minutes in a busy day can help you remember God.

Study Questions

1. Why did God rest on the seventh day, if He never grows tired?
2. What did the Sabbath remind Israel of every week?
3. How does Colossians 2:16-17 shape the way Christians think about the Sabbath?
4. What does it mean that our true rest is in Christ (Hebrews 4:9-10)?
5. What would a regular day of rest look like for you? What gets in the way?

Chapter 6: Worship as a Way of Life

> *Come, let us bow down and bend low; let us kneel before the LORD our Maker.*
>
> Psalm 95:6 (SLB)

When most people hear “worship,” they think of singing on Sunday morning. That’s part of it, and an important part. But in the Bible, worship is bigger than a song. It’s a whole life turned toward God.

Worship With God’s People

> *Come, let us sing for joy to the LORD; let us shout for joy to the rock of our salvation. Let us come before His face with thanksgiving; with songs let us shout for joy to Him. For the LORD* ***is*** *a great God, and a great King above all gods, in whose hand* ***are*** *the depths of the earth, and the peaks of the mountains* ***are*** *His, whose* ***is*** *the sea, and He made it, and the dry land His hands formed. Come, let us bow down and bend low; let us kneel before the LORD our Maker. For He* ***is*** *our God, and we* ***are*** *the people of His pasture and the flock of His hand. Today, if you will listen to His voice* (Psalm 95:1-7)

The psalm calls God’s people to come together: “Come, let us sing.” “Let us come before His face.” “Let us bow down.” Worship is something we do together. The writer of Hebrews tells us not to forsake “the assembling together of ourselves, as is the custom of some” (Hebrews 10:25). Gathering with a local church every week to hear God’s Word, pray, sing, and take the Lord’s Supper is not optional for a healthy believer. It is one of

the habits God uses most. My free book *The Lord's Table* looks at Communion in detail.

Worship in Song

God's people have always sung. Moses and Israel sang after the Red Sea (Exodus 15). David wrote many psalms. Jesus and His disciples sang a hymn the night before He died (Matthew 26:30). Paul and Silas sang in prison at midnight (Acts 16:25). Paul told the Colossians to teach and admonish one another "in psalms and hymns and spiritual songs, singing with grace in your heart to the Lord" (Colossians 3:16). You don't need a good voice. You need a grateful heart. Sing in church, in the car, and at home.

Worship in Thanksgiving

> *Rejoice always. Pray unceasingly. In everything give thanks; for this **is the** will of God in Christ Jesus toward you.* (1 Thessalonians 5:16-18)

"In everything give thanks." Not for everything, as if every hard thing were good, but in everything. Even in hard times there is something to thank God for. Thanksgiving is one of the simplest habits to start. Thank God for three things every night before you sleep. Thank Him before meals. Thank Him out loud when He answers a prayer. A thankful heart is a worshiping heart.

Worship With Your Whole Life

> *Therefore I exhort you, brothers, through the compassions of God, to present your bodies **as** a living, holy sacrifice, well-pleasing to God, your reasonable service.* (Romans 12:1)

After eleven chapters explaining God's mercy, Paul says the right response is to offer our bodies, our whole

selves, as a living sacrifice. That is worship. It happens at work, at home, in how I speak, how I spend, and how I treat people. When I do my job honestly, forgive someone who wronged me, or care for a sick neighbor, and do it for the Lord, that is worship too.

Putting It Together

Fasting, memorizing Scripture, rest, and worship all point the same way. They turn my attention from myself to God. Fasting says, “You are more important than food.” Memorizing says, “Your Word is more important than my thoughts.” Rest says, “You hold the world, not me.” Worship says, “You are worthy of everything I am.” Practice them, not to earn God’s love, but because you have it.

Study Questions

1. Read Psalm 95:1-7. What words show that worship is something we do together?
2. Why is gathering with a local church every week such an important habit?
3. What is the difference between giving thanks “for everything” and “in everything”?
4. According to Romans 12:1, what does worship with your whole life look like?
5. Which of the four habits in this book will you start or strengthen first?

A Closing Word

> *So then there remains a Sabbath rest for the people of God.*
>
> Hebrews 4:9 (SLB)

The habits in this book aren't new. God's people have practiced them for thousands of years. They are not a ladder we climb to reach God. He came down to us in Jesus Christ. They are simply ways to stay near Him.

If you have never trusted Jesus Christ, no habit can take the place of that. Start there. My free book *The Road Home* explains the gospel in plain words.

If you belong to Him, pick one habit and begin this week. Skip a meal and pray. Write a verse on a card. Take a real day of rest. Sing to Him in the car. Small steps, taken faithfully, will carry you a long way.

I came to Christ as a boy, in a Protestant church, and I have missed plenty of days since then. I drifted more than once and had to start over more times than I can count. What mattered was not a perfect streak but getting back up and coming back to Scripture and prayer. Grace is what keeps us going when our discipline falls short.

A Simple Weekly Rhythm

Here is one way to build these habits into a normal week. Adjust it to fit your life.

When	Habit
Every day	Read a passage of Scripture and pray; review your memory verse; thank God for three things before sleep
Once a week	Gather with your church to worship; take a day of rest; learn a new memory verse
Once a month, or as God leads	Fast for a meal or a day, with a written purpose; give away what you would have spent on food
Once a year	Take a longer time to step back, rest, review your year, and seek God about the next one

Twelve Verses to Memorize First

1. John 3:16. God’s love and the gift of His Son.
2. Romans 3:23. Everyone has sinned.
3. Romans 6:23. The wages of sin and the gift of God.
4. Ephesians 2:8-9. Saved by grace through faith.
5. 1 John 1:9. Confession and forgiveness.
6. Proverbs 3:5-6. Trusting the Lord.
7. Philippians 4:6-7. Prayer instead of anxiety.
8. Psalm 119:11. God’s Word in my heart.
9. 1 Corinthians 10:13. A way of escape from temptation.
10. Romans 8:28. God working all things for good.
11. Matthew 6:33. Seeking God’s kingdom first.
12. John 14:6. Jesus, the only way to the Father.

About This Book

Fasting and Other Habits of Faith is a short Bible study on four habits that help believers stay close to God: fasting, memorizing Scripture, rest, and worship.

It shows why habits of faith are training, not a way to earn God's love, and then looks at what the Bible says about fasting and how to begin safely, how to hide God's Word in your heart, why God built rest into His world and how Christians should think about the Sabbath, and how worship reaches beyond Sunday to all of life.

Each chapter ends with study questions for personal reading or a small group. At the back are a simple weekly rhythm and twelve verses to memorize first.

All Scripture quotations come from the Steadfast Literal Bible, which is free to read at trinfinityenterprises.com/slb.