



## **COURSE SYLLABUS**

What Does the Bible Have to Say About Fasting?

## Course Schedule

Six Sunday nights from 6pm-7:15pm, beginning July 8 and ending August 12th.

<b>Week</b>	<b>DATE</b>	<b>WEEKLY TOPIC</b>	<b>SUGGESTED READING &amp; STUDY</b>
<b>1</b>	July 8	Introduction of both books & the God-appointed Fast Days	possible group discussion questions: pg. 5 #2 & #4 be prepared to share the names of your favorite Go Deeper resources: websites & hard versions HOMEWORK: Bible Study book – Lessons 1–3 Bible reading pages: 5, 10, & 16 7:15–7:30 Memory Work Participants: 1 Cor. 16: 13 and 14; Romans 11:35
<b>2</b>	July 15	17 Tammuz & possible group discussion of pg. 10 #2,3,4 or 16 #2,3,4	HOMEWORK: Bible Study book – Lessons 4 & 5 Bible reading pages: 21 & 26 MWP: I Sam. 22b underlined portion; 10 commandments part 1 Go Deeper Projects group 7:30–7:45: discussion of possible resources & how to use them
<b>3</b>	July 22	9th of Av/Ab & possible group discussion of pg. 21 #1 & 4; pg. 26 #5	HOMEWORK: Bible Study bk. – Lessons 6 & 7 Bible reading: pg. 43 & 50 MVP: Acts 26:20b; 10 commandments part 2 Go Deeper Projects: pg. 32 B History of Elijah
<b>4</b>	July 29	Gedaliah & possible group discussion of pg. 32 #1	HOMEWORK: Bible Study bk. Lessons 8 & 9 Bible Reading pg. 43 & 50 MWP: Matt. 4:4; 10 Commandments part 3 Go Deeper Projects: pg. 32 D1 compare Elijah and Jonah

5	August 5	10 Tevet & possible group discussion of pg. 43 maybe #2 & pg. 50 #1	HOMEWORK: Bible Study bk. Lessons 10 & 11 Bible reading: pg. 54 & 60 MWP: Esther 4:14b; Romans 11:34 Go Deeper Project: pg. 36 D5 Compare the vision of Daniel with John's in Revelation
6	August 12	pg. 54 #4 & pg. 60 #2 with pg. 64 last Q&A; USA proclaimed days of fasting	MWP: final opportunity Go Deeper Project: Other 40-day fasters

### Course Description

Fasting - a survey where we will answer the following questions: What is it? Should I consider doing it? Why did God call the nation of Israel to fast? What did Jesus have to say about it? Who else in the Bible held individual fasts and why?

Rees Dwyer will be teaching the God-ordained Fasts.

BonnaLee will be leading the 2 required books where we will survey the kinds of fasts mentioned in the Bible.

Go Deeper Projects will be led by Jerry Workman from 7:30-7:45.

### Required Text(s)

the Bible

2 books (available digital or paperback) from End-Time Handmaidens:

The False Fast by Gwen Shaw

Your Appointment with God - a Bible Study on Fasting by Gwen Shaw

### Course Overview

Each lesson is 4-5 pages of reading followed by a half page of questions that ask you to summarize the main points & maybe do some extended thinking. The discussion period will highlight a question or so. The question page suggests some additional Bible readings, Jerry Workman will highlight at least one of those readings in the discussion time. Additional opportunities: participation in memorizing the suggested verses. BonnaLee will share her knowledge of methods related to learning styles from 7:15-7:30. Jerry will lead the suggested Go Deeper "Projects" from 7:30-7:45.

### Learning Objectives

1. Awareness that God ordained certain fast days.
2. Awareness that God has a lot to say about how to fast & what is not honoring to him.
3. An overview of some biblical individuals who chose to dedicate fasts to God – their purposes and lengths.
4. Cautions re fasting whether you choose the fast or are answering a call from God to fast.
5. Using other resources when doing Go Deeper projects.

### **Attendance**

You are encouraged to participate by reading the suggested text(s) and attending classes regularly.