

DEVOTIONAL | WEEK 7

unleashed  fasting

re-read

Let's review what we read Sunday. Read Acts 4:32-5:11.

reflect

Their Time

What especially strikes you from this story? Write a brief paraphrase in your own words of what is happening.

All Time

What principle(s) can you learn from this passage? Write out the timeless truth(s) from the section you paraphrased above.

My Time

What is the personal application of the all-time principle(s)?

reflect

This was the final week of our *Unleashed* series. These weeks have been about the unleashing of the Holy Spirit on the early church, and in turn, the unleashing of the early church into the world. This morning, take some time to look back through Acts 1-5:11, and consider what parts of this story have especially struck you. Write your thoughts below. It can be a list of lessons or events, a prayer of reflection or gratitude, or whatever feels most appropriate to you.

challenge: empty to be filled

This week's theme is **fasting**. The spiritual discipline of fasting has been around for thousands of years. Jesus both taught on and practiced it. At its core, fasting is abstaining from something (most commonly food) for spiritual purposes. Whether you have practiced the discipline of fasting or not, let's make sure we are grounded in a healthy understanding of what fasting is.

learn from others

Introductory Article:

Notes on fasting from Richard Foster's *Celebration of Discipline*

Read this article by visiting <https://tinyurl.com/NMCFast>

Article by David Matthis

Read this article by visiting <https://tinyurl.com/NMCFast1>

Deeper Dive:

Article- *Fasting Twentieth Century Style* by Richard Foster

Read this article by visiting <https://tinyurl.com/NMCFast2>

Audio- *Fasting Twentieth Century Style* by Richard Foster

Listen to this audio by visiting <https://tinyurl.com/NMCFast3>

reflect

Use this area to write notes on what you have learned about fasting.

Read and reflect on Jesus' teaching in Matthew 6:16-18. In this passage, Jesus gives instructions on our attitude when fasting. What especially strikes you?

challenge: empty to be filled

This week we will fast together. You are encouraged to consider a 24-hour food fast, but as with other weeks, do whatever will be most beneficial for your spiritual journey. You can fast from anything for any length of time.

What will you fast from?

When will you fast? (You are encouraged to complete if before Saturday as your devotional time will be spent reflecting on your time of fasting.)

How long will you fast?

words to remember

Each week, we will focus on one verse that reinforces that week's theme. These verses will be posted on our social media pages (Facebook, Instagram, and Twitter) and on our app. Physical copies are also available at the Ministry Center. Take one for yourself, a family member, and a friend, and let's be the Church *Unleashed* together!

This week's verse:

**Then Jesus declared, "I am the
bread of life. He who comes
to me will never go hungry,
and he who believes in me
will never be thirsty."**

John 6:35

reflect

To gain context on this verse, read John 6:35-59. What struck you as you read this larger section?

To close your time today, write out a prayer of confession and/or commitment to God in light of what He's spoken to you through John 6.

Digging Deeper: Unleashed Stories



Every week, we will talk with different people in the NMC family who have experienced or are experiencing their own journey of being the Church *Unleashed*. Listen to it on:

- **Our app:** Tap “Sermon Resources” on the home page
- **Our website:** nmc.church/media/sermon-resources
- **Our Facebook Page:** facebook.com/nmconline
- **iTunes:** Subscribe to the *NMC Digging Deeper* podcast

reflect

Write out any impressions or takeaways from this week’s conversation below.

lessons from Scripture

Go back to John 6:35 today, and do the following:

1. Try to memorize it.
2. Consider the following: Jesus uses food, hunger, and thirst as examples of things we use to find our strength and well-being from instead of Jesus Christ. Write down any thoughts or impressions you have as you consider this.
3. Turn John 6:35 into a prayer.

reflect on the journey

Hopefully you have completed your fast for this week. Today reflect on and respond to your experience.

How did you feel during your fast?

What did you learn through your fast?

How did God speak to you during your fast?

As we close our *Unleashed* journey, hold onto this truth: The Lord wants to unleash the Holy Spirit in you so that you can be unleashed into this world for His sake. Write out a prayer of commitment below that reflects your desire to live this truth.

app

You can work through this devotional week-by-week on our app! Each day will save to your phone, even after you close the app. Just tap on **Sermon Resources** on the home page, and you'll find this devotional, each week's verse, and the *NMC Digging Deeper* podcast.



The Nappanee Missionary Church App

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weekly verses

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Digging Deeper: Unleashed Stories

Digging Deeper is a NMC podcast that explores this series on a deeper level. Every week, we will talk with different people in the NMC family who have experienced or are experiencing their own journey of being the Church *Unleashed*.

This podcast will be released every Thursday and can be accessed on the following platforms:

- **App:** Tap "Sermon Resources" on the homepage
- **iTunes:** Subscribe to the *NMC Digging Deeper* podcast
- **NMC Website:** Visit nmc.church/media/sermon-resources
- **Facebook:** Visit facebook.com/nmconline