

## STEP 7 ACTION STEP | FASTING

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*“Blessed are the poor in spirit, for theirs is the kingdom of heaven”*

Matthew 5:2

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### PASSAGE STUDY

Read through Matthew 5:2-11 and answer the following questions.

1. How is the Lord’s definition of what is blessed different from the world’s?
2. What are some ways God cares for the blessed, according to this passage?
3. What would it look like for you to deny the things you have believed are good, and pursue the things God declares are good?

### PASSAGE RESPONSE

In response to your time in the word, practice the discipline of fasting. Fasting is the practice of denying yourself food in order to gain greater intimacy with God. However, if you are not able because of physical reasons, consider fasting from something else that usually occupies your time like watching tv or using social media. Fasting encourages humility by reminding us of our need for God. It also invites us into fervent prayer by giving us time and focus. For more details on fasting, please click here:

<https://www.summitlife.com/fasting>

1. **Pick a duration of time to fast:** Prayerfully consider a time and duration to fast; it could be one meal, a day, or even more.
2. **Pray:** Use the time you would have spent eating in prayer. Allow the hunger to remind you of your need for God and use this drive to lead you into more prayer. Specifically, as a response to Step 7, ask the Lord to remove your shortcomings and conform you into the image of Christ.
3. **Share** with your sponsor how this time was for you.