

DESTINY APOSTOLIC CHURCH

DESTINY GROW

RELATIONSHIP · LESSON 6

Fasting

LEARNER INFORMATION

Name

Date

Presence · Prayer · Worship · Word · Spirit · Daily Life

Prepare Your Heart

Slow down and become attentive to God. Ask the Holy Spirit to use Scripture, prayer, and honest reflection to deepen your shared life with Him.

Key Scriptures

Matthew 6:16–18; Isaiah 58:1–12

What am I asking God to reveal about Himself?

What is happening in my relationship with God right now?

Study & Listen

What does the Word reveal?

What does this show me about God?

Where is grace inviting me closer?

What response of faith and obedience is needed?

Reflect & Respond

1. What appetite most often controls your attention?

2. What spiritual purpose would guide a fast?

3. How should fasting produce mercy and obedience?

My specific response or spiritual practice

Prayer & Rhythm

Write a prayer responding to what God revealed.

One rhythm or action I will practice

Accountability partner

Review date

LESSON COMPLETION

Complete the online quiz with 80% or higher, then mark the lesson complete.