



Chapter 10: Sharpen Your Affections with Fasting (117)

What is Fasting? (118)

Jesus Assumes We'll Fast (119)

- Matt 6:16-18
- Cf. Acts 9:9; 13:2; 14:23

Put an Edge on Your Feelings (121)

How to Start Fasting (123)

1. Start Small
2. Plan What You'll Do Instead of Eating
3. Consider How It Will Affect Others
4. Try Different Kinds of Fasting
5. Fast From Something Other Than Food
6. Don't Think of White Elephants

Chapter 11: Journal as a Pathway to Joy (127)

No Wrong Way, No Obligation (128)

Why Journal? (128)

- To Capture the Past

- To Build a Better Future

- To Enrich the Present
 1. Examine

 2. Meditate

 3. Disentangle, Draw Out and Dream

Five Ways to Flourish in Journaling (132)

1. Keep it simple
2. Don't Catch Up
3. Take God Seriously
4. Bring the Gospel
5. Stay With It

Next Steps: Chapters 10-11

1. Read over the list of purposes for fasting on page 118. Pick at least one that could be helpful to you and look up the Bible verses referenced. What can you learn from this example?
2. Pray about whether this is something the Lord wants you to pursue. If so, take practical steps! If not, be at peace!
3. Mathis gives three ways journaling can enrich the present (129-131). Which of these ways seems most valuable to you? Why?
4. One purpose of journaling is to remember the work of God. How do you do this in your life? How could you grow?