



HUNGER GAMES

The Paul Fast
Acts 9:1-9

The Paul Fast-Fasting to bring clearer perspective and insight in critical decision making.

The apostle Paul was confronted with a paramount decision and needed supernatural direction. He was knocked down on the Damascus Road and was converted by Christ. Though he was converted he was without sight and had to be led to Damascus. After Paul fasted, he “saw the light”. God sent Ananias to the house where Paul was staying. Ananias placed his hands on Paul the former persecutor, and he received the vision to become Paul the apostle.

WHAT IS DECISION MAKING?

Making a decision is a process that includes making a choice or judgment about an attitude or action. Decisions are an act of the will, and they are always influenced by either the mind or emotions.

- Your decisions receive God’s blessing when you are willing to obey God.
- Your decisions should be based on what you know to be God’s revealed will.
- Your decisions are ultimately revealing the desires of your heart.

WAYS GOD SPEAKS TO US

- He directs us by counsel with friends-**Proverbs 11:14**
- He sovereignly guides-**Romans 8:28**
- He directs us inwardly-**Acts 16:6**
- He directs us by opportunities-**1 Corinthians 16:9**
- He directs us when we have a yielded spirit-**Romans 12:1-2**
- He directs us through our spiritual gifts-**1 Corinthians 7:7**
- He directs us through our common sense-**Proverbs 16:9**

TIMING IS EVERYTHING-John Maxwell

- The wrong decision at the wrong time is a disaster.
- The wrong decision at the right time is a mistake.
- The right decision at the wrong time is unacceptable.
- The right decision at the right time is success.

FIVE TESTS FOR DECISION MAKING?

➤ SCRIPTURAL TEST-2 Timothy 3:16

“Has God already spoken about it in His Word?”

➤ SPIRIT TEST-Galatians 1:10

“Am I being people-pressured or Spirit led?”

➤ STUMBLING TEST-Romans 14:21

“Could this cause another person to stumble?”

➤ SERENITY TEST-Philippians 4:6-7

“Have I prayed and received peace about this decision?”

➤ SUPREME TEST-1 Corinthians 10:31

“Does this glorify God?”

Preparing for the Saint Paul Fast

Aim: My Saint Paul Fast is for wisdom and decision making.

Vow: I will delight myself in the Lord so that my desire becomes what He wants in this decision (see Ps 37:4). I will “seek first the kingdom of God and His righteousness” (Matt 6:33) in my life so I can follow His principles in analyzing and making a decision. I will seek the Lord for His answer to the problem. I am fasting because I want to make the best decision and be in the center of His will (see Rom. 12:1-2).

Fast: What I will withhold _____

Beginning: Date and time I will start _____

End: Date and time I will stop _____

Bible Basis: “And [Saul] was three days without sight, and neither ate or drank” (Acts 9:9).

Bible Promise: Your light shall break forth like the morning” (Isa, 58.8).

Resources
Needed: _____

God being my strength, and grace being my basis, I commit myself to the Saint Paul Fast for God’s glory.

Signed _____ Date _____