



Listening Guide for Session 4 Segment 2: Fasting

- According to the lecture, what is fasting?

- According to Dr. Loughlin, what are some things from which a person might fast other than food?

- In order to determine what you might fast from, Dr. Loughlin suggests you determine what is _____ you of profit in your spiritual life.

- What caution does Dr. Loughlin give concerning the practice of fasting?

- In what four ways (according to the lecture) does fasting make a difference?

- According to the lecture, what impact does fasting have upon God, and what impact does it have upon us?

- As per Dr. Loughlin, “What would it take for you to refrain from the physical, material things in order to focus on the spiritual, supernatural things of life?”