

Agape House of Worship
Wednesday Bible Study – January 28, 2026

Study Series: Prepared for New Things: Fasting, Prayer, and the Pathway to Greater Works

Part 4: Sustaining Greater Works Beyond the Fast

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1. Introduction: Keeping the Fire Burning

The 21-day fast has concluded, but our pursuit of God must not. In Leviticus 6:13, God commands that the fire on the altar must never go out. Fasting is designed to elevate your spiritual level, but holy habits are what sustain that level. This study equips you to transition from a seasonal "event" into a permanent "lifestyle" of spiritual power. The goal of this study is to learn how to prevent spiritual stagnation and ensure that the "Greater Works" promised by Christ continue to manifest in your daily life. While fasting breaks the ground, consistent spiritual disciplines cultivate the harvest.

2. Sustaining the Momentum: From Season to Lifestyle

One of the skills every believer must master is how to go from a season to a lifestyle. While a season is a temporary, specialized, or cyclical phase of life that influences or interrupts our routine, a lifestyle is the consistent, day-to-day, or long-term way of living. The goal of this teaching is learning the art of turning a season of revival and encounter into a lifestyle of spiritual fervor (Romans 12:11). We must learn how to go from "Boiling" to "Consistent Heat."

***Luke 4:14** "Jesus returned to Galilee in the power of the Spirit, and news about him spread through the whole countryside. (NIV)"*

***Acts 2:42** "They devoted themselves to the apostles' teaching and to fellowship, to the breaking of bread and to prayer. (NIV)"*

- **Emerging in Power:** Jesus didn't just "finish" His fast; He emerged in the power of the Spirit. The end of your fast is the beginning of your public ministry and effectiveness.
- **The Devoted Life:** The Early Church "continually devoted themselves" to apostolic teaching and fellowship. They didn't rely on occasional spiritual highs but on daily devotion. Fasting should lead to a life of increased devotion and discipline.
- **Discipline Sustains Encounters:** While a fast provides an encounter, spiritual discipline (the "daily-ness" of our walk) sustains that momentum. Spiritual discipline is what turns an encounter into a lifestyle of spiritual fervor. Discipline is like a pilot light that keeps your spiritual life on fire. 2 Tim.1:6

Discussion Question: *"Looking back at the last 21 days, which specific habit (prayer time, scripture reading, etc.) felt most life-giving, and how can you realistically fit it into your normal weekly schedule starting tomorrow?"*

3. Guarding the Oil

In Matthew 25:1–13, Jesus tells of ten virgins awaiting a bridegroom. Five were wise (bringing extra oil for their lamps) and five were foolish (bringing none). When the delayed groom arrives at midnight, the foolish virgins ask the wise for oil, but the wise virgins can't share, telling them to buy their own, and the foolish miss the wedding feast after the door is shut, highlighting the need for spiritual readiness for Christ's return.

- **Maintenance is Mandatory:** In the Parable of the Ten Virgins, the difference between the wise and the foolish was the maintenance of their oil. You cannot live today on yesterday's oil.
- **Fasting as a Doorway:** Understand that fasting is a doorway, not a destination. It opens your spirit to receive, but you must "guard the deposit" (2 Timothy 1:14) through continued prayer and worship.
- **Avoiding Spiritual Leakage:** Just as fresh bread goes stale if left uncovered, spiritual fire dims without a protective environment of godliness and community. The anointing leaks because of neglect, distraction, or disobedience.

Discussion Question: *“What are the 'oil-leakers' in your life (distractions, negative environments, or old habits) that often try to drain your spiritual energy after a season of growth?”*

4. Walking Daily in New Things

Moving beyond the past requires more than just a change of heart; it demands a shift in our daily walk. In Isaiah 43:18-19, God's promise to create "streams in the wasteland" is paired with a call to perceive the new work He is already beginning. This study focuses on aligning our habits with God's current momentum by establishing new spiritual rhythms, prioritizing constant prayer as modeled in Acts 6:4, and practicing immediate obedience.

Isaiah 43:18-19 *“Forget the former things; do not dwell on the past. 19 See, I am doing a new thing! Now it springs up; do you not perceive it? I am making a way in the wilderness and streams in the wasteland. (NIV)*

Acts 6:4 *“and will give our attention to prayer and the ministry of the word.”*

- **New Rhythms for New Things:** God is "doing a new thing," but it requires us to stop dwelling exclusively on the past. New levels of authority require new rhythms of obedience.
- **The Ministry of Prayer:** Like the Apostles in Acts 6:4, we must give ourselves "continually to prayer." Prayer must shift from a “discipline we have to do” to a “lifestyle we live from”.
- **Expectant Obedience:** The post-fast phase is for walking in immediate obedience to the instructions God gave you during the fast. Delayed obedience chokes the harvest.

Interactive Discussion Question:

“What is one 'new thing' or specific instruction you feel God spoke to you during this fast that requires you to change your daily routine to see it fulfilled?”

Conclusion

As we close this chapter of the 21-day fast, remember that God does not feed us to make us emotional, but to prepare us for service. The true measure of a fast is not how you felt during the 21 days, but how you live on the 22nd day and beyond. The "Greater Works" are not reserved for special seasons; they are the inheritance of every believer who chooses to live from the fast, rather than just after it.

May you walk out of this season not just refreshed, but reformed. Let your life be the fruit of your personal altar, marked by a consistent fire that draws others to the glory of God. The fast has ended, but your commission has just begun.