

“The What, Why, and How of Fasting” Matthew 6:16-18

In Matthew 6, Jesus mentions 3 disciplines every Christian should practice - _____, praying, and _____.

1. The _____ of Fasting.

Fasting means to go without _____, but is not the same thing as _____. The purpose of fasting is not to impress _____, but to focus on your relationship with _____. In order to be effective, fasting must always be accompanied by _____ and a desire to _____ God.

2. The _____ of Fasting.

- A. You Face a Difficult _____.
- B. You Desire a Closer _____ with God.
- C. You Seek God’s _____.
- D. You Struggle with _____.
- E. You Long to _____ God.
- F. You _____ Over Losing a Loved One.

3. The _____ of Fasting.

- A. _____ Fast. Paul (Acts 9:9) and Moses (Ex 34:28).
- B. _____ Fast. Jesus (Luke 4:1-2).
- C. _____ Fast. Daniel and his 3 friends (Dan 1:11-12).

Those who fasted in the Bible did so for various periods of _____.

- | | |
|----------------------------------------|----------------------------|
| 1) ___ Days. Jesus, Moses, and Elijah. | 4) 7 Days. David. |
| 2) 21 Days. Daniel. | 5) ___ days. Esther, Paul |
| 3) ___ Days. Daniel and 3 friends. | 6) 1 day. Day of Atonement |

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