

When You Fast (Matthew 6.16-18)

What is Biblical fasting?

1. Fasting is not a _____

2. Fasting is...

1) A _____ abstaining from food for
_____ purposes

2) Seeking after God by making a _____
(Hebrews 11.6)

What are the types of fasts?

1. A _____ fast – abstaining from all food and drink
except _____ (Luke 4.1-2)

2. A _____ fast – abstaining from _____
foods (Daniel 10.2-3)

3. An _____ fast – abstaining from all foods and drink
including _____ (Esther 4.16; Acts 9.9)

What are the reasons for fasting?

1. To develop mastery over the _____ (Romans 13.14;
1 Peter 2.11)

2. To increase intensity in _____ (2 Samuel 12.16, 20-23)

3. To overcome _____ (Galatians 5.16)

4. For _____ of sin (Jonah 3.5-10)

5. As an expression of _____ (Luke 2.37; Acts 13.2-3)