

Why Fast?

Introduction

Fasting – “the act of willingly abstaining from some or all _____, drink, or both, for a period of time”

Leviticus 16:29-31; Leviticus 23:26-32

Text: Matthew 6:1, 16-18

Should Christians Fast Today?

Fasting is a good practice for Christians as evidenced by:

1. The _____ of Jesus
 - Matthew 6:16-18
Fasting is _____.
Fasting is _____.
 - Matthew 9:14-15
Fasting is _____.
 - Matthew 17:19-21
Fasting seems to intensify _____.
2. The _____ of Jesus
 - Matthew 4 & Luke 4
3. The practice of the early church
 - Acts 13:1-3
Fasting is associated with worship, receiving _____, and commitment.
 - Acts 14:21-23
Fasting is associated with the selection and commitment of _____.
4. The practice of the apostle Paul
 - 2 Corinthians 6:5 & 11:27

Why Should Christians Fast?

* Wrong spiritual reasons to fast:

- Don't fast to try to _____ others. – Matthew 6:1, 16-18
- Don't fast to try to _____ God.

Right spiritual reasons to fast:

- God _____ fasting. – Matthew 6:1, 16-18
- Fasting _____ us. – 1 Kings 21:29; Ezra 8:21-23; Leviticus 16:29
- Fasting is almost always associated with prayer. Perhaps it helps us to _____ better.
- Many have testified that fasting _____ spiritual sensitivity and closeness to God.
- When we deny the _____, we strengthen the _____. – Galatians 5:16

When Should Christians Fast?

1. In association with _____
2. In times of personal _____ or crisis
3. When you need _____
4. When making an important _____
5. When praying for _____

How Should Christians Fast?

1. Attitude issues
 - Don't fast to try to demonstrate or prove your _____. – Matthew 6:1, 16-18
 - Don't fast without a desire to live a _____ life. – Isaiah 58:1-9
2. Practical issues
 - Start _____, finish _____.
 - Get your _____ advice before trying an extended fast.
 - Use the time gained by not eating to _____.

Conclusion

Fasting is a beneficial practice for believers when accompanied by prayer. However, the details of a fast are left up to the individual believer and God.