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:

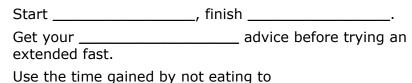
- God ______ fasting. Matthew 6:1, 16-18
- Fasting ______ us. 1 Kings 21:29; Ezra 8:21-23; Leviticus 16:29
- Fasting is almost always associated with prayer. Perhaps it helps us to ______ better.
- When we deny the _____, we strengthen the _____, ve strengthen the ______. Galatians 5:16

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



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.