

FASTING

Our Eyes Are On You Series # 2

Introduction

Series: Our Eyes Are On You (2 Chronicles 20:1-30)

Fasting – “the act of willingly abstaining from some or all _____, _____, 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; 9:14-15)
 - Fasting is _____.
 - Fasting is _____.
 - Fasting seems to _____ prayer. (Matthew 17:19-21)
2. The _____ of Jesus (Matthew 4 & Luke 4)
3. The practice of the _____ church
 - Fasting is associated with worship, receiving _____, and commitment. (Acts 13:1-3)
 - Fasting is associated with the selection and commitment of _____. (Acts 14:21-23)

Why Should Christians Fast?

Wrong reasons to fast:

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

Right reasons to fast:

- God _____ fasting. (Matthew 6:1, 16-18)
- Fasting _____ us. (1 Kings 21:29 [Ahab]; 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 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 _____.
 - Make fasting a _____ spiritual discipline.
 - Try fasting _____ other than food.

Conclusion

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