

FASTING & THE CHRISTIAN

1-19-22

Text: Matthew 6:1, 16-18

Should Christians Fast Today?

Fasting is not _____, but it is _____.

1. Jesus _____ about fasting.
 - A. He _____ His followers will fast. (Matthew 6:16-18; Matthew 9:14-15)
 - B. He states that the Father _____ proper fasting. (Matthew 6:16-18)
 - C. He seems to indicate that fasting can intensify _____. (Matthew 17:19-21)
2. Jesus Himself _____. (Matthew 4; Luke 4)
3. The early _____ fasted. (Acts 13:1-3; Acts 14:21-23)
4. The apostle _____ fasted. (Acts 13:1-3; Acts 14:21-23; 2 Corinthians 6:5 & 11:27)

Why Should Christians Fast?

1. Don't fast to try to _____ others. (Matthew 6:1, 16-18)
2. Don't fast to try to _____ God.
3. God _____ fasting. (Matthew 6:1, 16-18)
4. Fasting is an act of _____; we deny ourselves and acknowledge our _____ on God. (1 Kings 21:29; Ezra 8:21-23)

5. Fasting can increase spiritual _____ and closeness to God.
6. Fasting denies the _____, which can strengthen the _____. (Galatians 5:16)

When Should Christians Fast?

1. In association with _____
2. In times of _____ or crisis, for self or others
3. When you need _____
4. When making an important _____

How Should Christians Fast?

1. Your _____ about fasting is important.
 - A. Don't fast to try to demonstrate or prove your _____. (Matthew 6:1, 16-18)
 - B. Don't fast without a desire to live a _____. (Isaiah 58:1-9)
2. What you fast and how long you fast is between _____ and _____.

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.