



**Isaiah 40:10-31**  
**(page 600)**

**Matthew 6:1-18**  
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**What is fasting?**

**What is fasting? Abstaining from food**



**What is fasting? Abstaining from food**

**Should Christians fast?**

**What is fasting? Abstaining from food**

**Should Christians fast? Yes**



**What is fasting? Abstaining from food**

**Should Christians fast? Yes**

**What is the purpose of fasting?**

**What is fasting? Abstaining from food**

**Should Christians fast? Yes**

**What is the purpose of fasting? Express our dependence on and longing for God**

**The primary focus of fasting? The Word -  
Jesus**

**Jesus said, “I am the bread of life; whoever comes to me shall not hunger, and whoever believes in me shall never thirst.”**

**- John 6:35 (ESV)**

**The primary focus of fasting? The Word –  
Jesus**

**The context of fasting?**

**The primary focus of fasting? The Word –  
Jesus**

**The context of fasting? Prayer**



