

First Baptist Church – Odessa

Pastor Byron McWilliams

Date: _____

“Fasting as God Intended”

21 Days of Prayer and Fasting – Pt. 2

Matthew 6:15-18 & Selected

“Fast” = *Nesteia* = To _____ from food.

Fasting as God Intended...

I. Begins with the _____ that we will fast.

“And when you fast...” Vs. 16a

The Act of Fasting...

- Is found throughout the _____.
- Is often seen as a sign of deep _____.
- Is sometimes a plea for God to _____.
- Is a cry for more of God’s _____.
- Is always coupled with _____.
- Is a prerequisite for _____ and awakening.
- Helps us break our love affair with the _____.
See 1 John 2:15-17
- Helps us hear and know the _____ of God.
See Acts 13:1-3

II. Is wasted time if done with wrong _____.

“And when you fast, do not look gloomy like the hypocrites, for they disfigure their faces that their fasting may be seen by others. Truly, I say to you, they have received their reward.” Vs. 16b

"Beware of practicing your righteousness before other people in order to be seen by them, for then you will have no reward from your Father who is in heaven." Mathew 6:1

• **Fasting is an act of deep _____.**

• **Fasting is evidence of deep _____ before God.**

"If my people who are called by my name humble themselves, and pray and seek my face and turn from their wicked ways, then I will hear from heaven and will forgive their sin and heal their land."

2 Chronicles 7:14

III. Should reflect a _____ day of living to a watching world.

"But when you fast, anoint your head and wash your face." Vs. 17

IV. Is a _____ matter between a Father and His child.

"...that your fasting may not be seen by others but by your Father who is in secret." Vs. 18a

V. Results in a divine _____ coming my way.

"And your Father who sees in secret will reward you." Vs. 18b

Basic Instructions for a Normal Fast:

1. Choose one or more _____ to abstain from as God leads.
2. _____ yourself spiritually through confession and repentance.
3. Live your day _____ in a normal manner.
4. Live your day _____ in continual awareness that you are seeking the Lord in prayer and fasting.
5. See your stomach's cry for food as a signal to _____.
6. _____ God to sustain you during the fast.
7. _____ God for the fast and eat normally when the fast is broken.