

Strengthening Faith, Part 6: Fasting

Matthew 6:16-18 ESV

Pastor Brian Uyeda, July 11 & 12, 2026

Question: How should God's children fast?

What is Biblical fasting? = A voluntary pause on food or food and drink for a believer to humble themselves before God.

What is atonement? To cover a wrong (sin) so that a broken relationship with God is restored.

¹⁶ “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. - Matthew 6:16

1. We fast with a humble heart focused on _____ . (Matthew 6:16)

Live it out!

Q: What does it mean that biblical fasting has a spiritual focus on God? Is there something in my life that I need to pray and fast over to seek closeness with God?

¹⁷ But when you fast, anoint your head and wash your face, - Matthew 6:17

2. We _____ to making fasting a routine practice. (Matthew 6:17)

Live it out!

Q: What can I do to plan a fast in the next 7 days? What does it mean to me when Jesus said “when you fast...”, revealing he expected his followers to make fasting a normal part of their faith?

¹⁸ that your fasting may not be seen by others but by your Father who is in secret. And your Father who sees in secret will reward you. – Matthew 6:18

3. We understand our _____ in fasting. (Matthew 6:18)

Purpose of fasts:

- Group fasts in the Bible:
 - Day of Atonement (Lev 23:27-32)
 - National repentance (1 Samuel 7:6, Judges 20:26; Jonah 3:5-10)
 - For blessing of service to God (Acts 14:23)
 - For grieving (2 Samuel 1:12)
 - For guidance (2 Chronicles 20:3-4)
 - For protection (Ezra 8:21-23)
- Individual fasts in the Bible:
 - On behalf of others (Psalm 35:13; 2 Samuel 12:16)
 - For guidance (Daniel 9:3; Nehemiah 1:4)
 - When grieving (Daniel 10:2-3)
 - For worship (Acts 13:2-3; Luke 2:37)
 - For focus & trust in God (Matthew 4:2-4)

Live it out!

Q: What purpose does God have for me to fast?