

Matthew 6:16-18 – Benefits of Fasting

(From Isaiah 58:6-9)

Spiritual benefits

- #1 – v.6b** – To loose the bonds of wickedness.
- #2 – v.6c** – To undo the heavy burdens (yoke).
- #3 – v.6d** – To let the oppressed go free.
- #4 – v.6e** – To break EVERY yoke.

Physical benefits

- #5 – v.7a** – To share our bread with the hungry.
- #6 – v.7b** – To bring to our house the poor who are cast out.
- #7 – v.7c** – To see the naked so we will cover them.

More spiritual benefits

- #8 – v.7d** – To not hide ourselves from our own flesh.
- #9 – v.8.** – To see the light break forth in our lives.
- #10 – v.9a** – To know the Lord hears & answers our prayers.

Matthew 6:16-18 – Benefits of Fasting **(Add'l Benefits outside of Isaiah 58:6-9)**

#1 – Matthew 4:1-2 – To prepare for ministry.

#2 – Acts 13:1-3 – To get direction from the Lord.
Also see Ezra 8:21-23 & Nehemiah 1.

#3 – Jonah 3:5-10 – To seek God's mercy when repenting.

#4 – Judges 20:26-27+ – To seek victory in a physical battle.

#5 – Luke 2:37-38 – As a way of life and a means of receiving revelations from God.
Also see John 14:21.

#6 – Many medical studies – There are a myriad of medical studies on the benefits of fasting.
This affirms the wisdom of the Lord.