

Fasting

10/25/2026

Matthew 6:1, 16-18

GIVING DEFINITION

- Christian fasting is a believer's voluntary abstinence from _____ for _____ purposes.
- For this to have spiritual benefit, this habit must be rooted in your _____ with Christ, and practiced with the desire to become _____ _____ Christ.
- Jesus _____ that is followers would fast. *(Mt. 9:14-15)*
- Christian fasting must have a biblical _____. But none of these purposes _____ God's favor.

BIBLICAL PURPOSES FOR FASTING

1. To _____ prayer. *(Ezra 8:23)*
2. To seek God's _____. *(Acts 14:23)*
3. To express _____. *(Judges 20:26, 1 Samuel 20:34)*
4. To seek _____ or _____. *(2 Chronicles 20:3-4, Esther 4:16)*
5. To express _____ and turn to God. *(Joel 2:12)*
6. To _____ yourself before God. *(Psalm 35:13)*
7. To express concern for the _____ of God. *(Nehemiah 1:3-4)*
8. To minister to the needs of _____. *(Isaiah 58)*
9. To overcome _____ and _____ yourself to God. *(Matthew 4:1-11)*
10. To express _____ and _____ to God. *(Luke 2:37)*

Will you let go of any fear that you have of fasting?
Will you fast as the Holy Spirit leads you?
Will you plan a time of fasting to dedicate to God this spiritual habit?

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Matthew 6:1, 16-18

1 Be careful not to practice your righteousness in front of
others to be seen by them. If you do, you will have no reward from
your Father in heaven…

16 "When you fast, do not look somber as the hypocrites do,
for they disfigure their faces to show others they are fasting. Truly
I tell you, they have received their reward in full. 17 But when you
fast, put oil on your head and wash your face, 18 so that it will not
be obvious to others that you are fasting, but only to your Father,
who is unseen; and your Father, who sees what is done in secret,
will reward you.

Matthew 9:14-15

14 Then John's disciples came and asked him, "How is it
that we and the Pharisees fast often, but your disciples do not
fast?" 15 Jesus answered, "How can the guests of the bridegroom
mourn while he is with them? The time will come when the
bridegroom will be taken from them; then they will fast."

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