



The Secret Fast

Pastor Chuck Rife

Matthew 6:16-18

A. Place of fasting in _____

B. Prominence of fasting for _____

"The Fast: To replace eating, drinking, or any other need or pleasure with feasting on God." Pastor Rusty

C. _____ of fasting for Spiritual Growth

1. Negatives of the Secret Fast
2. Positives of the Secret Fast

It is a _____ for the disciple of Christ.

It brings a greater _____ to the still, small voice of God.

It brings a fuller _____ in experiencing God.

Summary of the Secret Fast

1. It is an act of _____ worship.
2. It is an act of _____ - _____.
3. It is a discipline to discover your _____.
4. It is a way to connect with God in the _____ of life.
5. It helps you become an _____.
6. It enables you to experience _____ of God in relationship.

Application: Experience a personal Secret Fast once this coming week. You may use Psalm 25:4-7 as a passage for meditation.