

When You Fast

Examining Our Hearts Through Fasting Part 2

Deuteronomy 8:2-3 • November 20, 2022

_____ fasting entails reducing the intake of food and replacing these activities with the exercise of prayer and preoccupation with spiritual concerns.

Biblical fasting always deals with _____. The Greek word which is translated “fasting” literally means one who has not eaten, one who is empty, one who is hungry.

Three Types of Fasts

_____ : no intake of food for a prescribed period of time, though there may be an intake of liquids;

_____ : diet is limited, though some food is allowed

_____ : a total abstinence from food and liquids in all forms.

_____ : no food or liquid for an extended period of time.

Moses...Twice *“When I was gone up into the mount to receive the tables of stone, even the tables of the covenant which the LORD made with you, then I abode in the mount forty days and forty nights, I neither did eat bread nor drink water.” Deuteronomy 9:9*

“And I fell down before the LORD, as at the first, forty days and forty nights: I did neither eat bread, nor drink water, because of all your sins which ye sinned, in doing wickedly in the sight of the LORD, to provoke him to anger.” Deuteronomy 9:18

Elijah: “And he arose, and did eat and drink, and went in the strength of that meat forty days and forty nights unto Horeb the mount of God.” 1 Kings 19:8

Jesus: “And when he had fasted forty days and forty nights, he was afterward an hungred.” Matthew 4:2

The first step for any kind of fast is to declare our immediate

_____.

Fasting and prayer is not trying to get _____ with God. Fasting is a way for God to get what He wants from me and it's a time for me to get on _____.

Fasting is a matter of _____.

It's proof and a reminder that we are completely _____ on God.

It's proof that we trust in God, not in the _____ that God gives.

Fasting is a time of _____.

Fasting lays bare the condition of _____.

Fasting helps us answer the questions..."What does our heart truly desire? What are we _____ to?"

Fasting is a matter of _____.

"That He might make thee to know..."

"That His Word is life-sustaining..."

We don't fast to get God to change something. We fast so that we are changed and come into a greater level of _____.

Fasting is more about replacing than it is about

_____.

"More than any other discipline, fasting reveals the things that control us. This is a wonderful benefit to the true disciple who longs to be transformed into the image of Jesus Christ. We cover up what is inside of us with food and other things."