

Less is More

December 28, 2025

I. First

Nehemiah 1:4 _____

Isaiah 58:6 _____

Ezra 8:23; Esther 4:16 _____

Fasting Defined in OT - _____

_____ Jewish practice – Luke 2:37; 18:12

II. Jesus

Luke 4:2; Matt. 4:4 – Jesus _____ and _____

Matt. 6:16 – Jesus _____ / _____

Mk. 9:21-29 – Disciple's need for _____, through _____

III. Us

Acts 13:2-3; 14:23 time of _____, _____

4 Types of Fasts
