

# 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

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