



## Fasting

Matthew 6:16-18, Matthew 9:14-17

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Fasting is a discipline given to us by God to cultivate our relationship with Him.

What is fasting?

Fasting is a practice whereby an individual or group gives up something, typically food, for a set amount of time in order to pursue Jesus.

Fasting is something that Christians should do.

How do we fast?

Fasting is something that should be done personally with God whether it is done by an individual or a community.

We can fast by picking a specific day to give up food for specific meals or by giving up something specific in our lives for a set season.

Why do we fast?

Not to manipulate God.

Abundance comes through abstinence.

Jesus fasts.