

HOLY HABITS

train yourself for godliness

Refrain & Replace — Matthew 9:14-17 — July 20th, 2025

BIG IDEA: Fasting is _____
from food or any _____ for a specific
_____.

WHY FAST?

_____ — _____ from sin with a
_____.

_____ — _____ out over what's wrong
_____ and _____ us.

_____ — _____ we _____ what
only God can _____.

_____ — _____ God with
_____ and _____.

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REFLECTION QUESTIONS

What has your experience been with fasting? Have you done it?
Why or why not?

Has your perspective on fasting changed after this sermon? If so,
how? If not, why not?

What is your relationship to food? Does it control you? Are there
other activities from which you might need to fast?

Looking at the list, what reasons might you have to fast? If you
refrain from food (or another distraction), what will you replace it
with?

How might fasting draw you closer to God or make you more like
Jesus?

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