

When You Fast - 12/29/18

(Matthew 6:16-18)

I. The _____ of Fasting

The OT commanded the _____ to fast _____ a year on the Day of _____; but the NT _____ Christians to fast. Yet, Jesus speaks as if He _____ His _____ will.

_____. _____ fasting is always for spiritual _____:

- To accompany _____ and _____ of sin - Daniel 9:1-7; Nehemiah 9:1-2
- o express extreme _____ - II Sam. 12:15-16
- To seek God's _____ concerning _____ - Acts 13:1-2; 14:23
- To seek special _____ from God - Esther 4:13-17
- To _____ our _____ and our _____ of God - "Fasting does not _____ God's _____ so much as it changes our _____." - Donald Whitney (Fasting is a God-_____ way to _____ our prayers.)
- To keep our _____ in _____ - I Corinthians 9:24-27

"Without a _____, fasting can be a _____, _____ - _____ experience about _____ and _____." - Whitney

David Platt offers a helpful acronym for "FAST":

- F _____ on _____
- A _____ from _____
- S _____ the time with _____ & study
- T _____ and _____ that God is _____

II. Jesus' _____ on Fasting

1) The _____ way to _____ - Matthew 6:16

Jesus teaches not to _____ and _____ . People do that for 2 reasons:

- Some want _____ from _____
- Some want to feel _____ to _____ - _____ is sin. So if fasting only _____ more _____, then someone should _____ fast.

Christians are _____ who are just _____ when they appear to love _____ by _____, and to love _____ by _____, and to _____ God by _____; but in reality they love _____ so much they use those to attract _____.

2) The _____ way to _____ - Matthew 6:17-18

God is not glorified when Christians _____ about their spiritual _____ and then project holy _____ because of them. Jesus calls us to take _____ steps to keep _____ from _____ we are fasting.