### **TALK IS CHEAP**

### 1. Why fast?

lt's a	practice for a	of Jesus.
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#### Matthew 9:14-15 NLT

One day the disciples of John the Baptist came to Jesus and asked him, "Why don't your disciples fast like we do and the Pharisees do?" 15 Jesus replied, "Do wedding guests mourn while celebrating with the groom? Of course not. But someday the groom will be taken away from them, and then they will fast."

### It's a \_\_\_\_\_ of Jesus.

Matthew 4:1-4 NLT

Then Jesus was led by the Spirit into the wilderness to be tempted there by the devil. 2 For forty days and forty nights he fasted and became very hungry. 3 During that time the devil came and said to him, "If you are the Son of God, tell these stones to become loaves of bread." 4 But Jesus told him, "No! The Scriptures say, 'People do not live by bread alone, but by every word that comes from the mouth of God.""

### It's a \_\_\_\_\_ gesture for a \_\_\_\_\_ of Jesus.

Romans 12:1 NIV

Therefore, I urge you, brothers and sisters, in view of God's mercy, to offer your bodies as a living sacrifice, holy and pleasing to God-this is your true and proper worship.

#### What is the Holy Spirit speaking to me?

# 2. What are we fasting?

# 4. What are we fasting for?

	over
Proverbs 23:1-2 ESV When you sit down to eat with a ruler, observe carefully what is before you, 2 and put a knife to your throat if you are given to appetite.	
- Acts 13:2 NKJV As they ministered to the Lord and fasted, the Holy Spirit said, "Now separate to Me Barnabas and Saul for the work to which I have called them."	
3. What will happen as a result?	
will learn	
Proverbs 16:32 NLT Better to be patient than powerful; better to have self-control than to conquer a city.	
will be	
Psalm 133:1 ESV Behold, how good and pleasant it is when brothers dwell in unity!	
will	
Luke 18:1-8 ESV	
And he told them a parable to the effect that they ought always to pray and not lose heart. 2 He said, "In a certain city there was a judge who neither feared God nor respected man. 3 And there was a widow in that city who kept coming to him and	
saying, 'Give me justice against my adversary.' 4 For a while he refused, but afterward he said to himself, 'Though I neither fear God nor respect man, 5 yet because this widow keeps bothering me, I will give her justice, so that she will not beat me down by her continual coming.''' 6 And the Lord said, "Hear what the unrighteous judge says. 7 And will not God give justice to his elect, who cry to him day and night? Will he delay long over them? 8 I tell you, he will give justice to them speedily. Nevertheless,	
when the Son of Man comes, will he find faith on earth?"	