

## WHEN YOU FAST

MATTHEW 6:16-18

### What is fasting?

*Fasting is the spiritual discipline of not eating where we take the time we would have normally been eating and replace it with prayer, Bible reading and/or worship. You can fast for 1 meal, 1 day or multiple days/weeks. You can fast from sunrise to sunset or for 24 hours. There are many ways and many reasons to fast, but the basic idea is to set aside the time you would have spent eating and focus that time on communion with God.*

- **Fasting helps us to \_\_\_\_\_ and thirst for \_\_\_\_\_ as we see our \_\_\_\_\_ for Him the way we see our need for \_\_\_\_\_.**

MATTHEW 4:1-4; MATTHEW 5:6; PSALM 34:8

### We should fast...

- \_\_\_\_\_
- \_\_\_\_\_
- **With a \_\_\_\_\_ spirit and a \_\_\_\_\_ heart.**

### Why should I fast?

- **To \_\_\_\_\_ more deeply.**
- **To help put to \_\_\_\_\_ the \_\_\_\_\_ within us.**
- **To \_\_\_\_\_ from God.**

### What to think about as you start fasting:

- **Don't see fasting as \_\_\_\_\_.**
- **Start \_\_\_\_\_ and have a \_\_\_\_\_.**
- **Spend time in \_\_\_\_\_, Bible reading and \_\_\_\_\_.**
- **Abstain from \_\_\_\_\_ as you taste and see that the Lord is good!**
- **Trust God to \_\_\_\_\_ with what He sees fit to give you!**

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### What is fasting?

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- **Fasting helps us to hunger and thirst for God as we see our need for Him the way we see our need for food.**

MATTHEW 4:1-4; MATTHEW 5:6; PSALM 34:8

### We should fast...

- **Regularly**
- **Secretly**
- **With a humble spirit and a prayerful heart.**

### Why should I fast?

- **To know God more deeply.**
- **To help put to death the sin within us.**
- **To seek wisdom from God.**

### What to think about as you start fasting:

- **Don't see fasting as transactional.**
- **Start small and have a plan.**
- **Spend time in prayer, Bible reading and worship.**
- **Abstain from food as you taste and see that the Lord is good!**
- **Trust God to reward you with what He sees fit to give you!**