

The Discipline of Fasting

Matthew 6:16-18

Fasting is More than a Diet Plan

Jesus instructs His followers to fast with _____
_____.

Fasting to lose weight is unbiblical because it is
_____.

Matthew 6:16

Philippians 2:3

1 Corinthians 9:27

Fasting to lose weight is unbiblical because it is often
done to win the _____ of _____.

Matthew 6:16

1 Samuel 16:7

John 12:42-43

A biblical fast is done to _____ one's _____
on God.

Matthew 6:17-18

How does fasting sharpen my focus on God?

Fasting expresses _____ to God.

1 Kings 21:27-29

Psalms 35:13

Fasting should focus my on the _____ of God.

Nehemiah 1:3-4

Daniel 9:2-3

Fasting should _____ me to _____
to others.

Isaiah 58:6-7

Fasting _____ me to God, _____
me against temptation.

Matthew 4:1-2

2 Corinthians 12:10

Fasting is an expression of love for _____ against
love for this _____.

Luke 2:36-37

Philippians 3:18-19

Fasting is an act of _____ to God's
_____.

Colossians 1:16

Philippians 2:12-13

Fasting is part of being a _____.

Romans 12:1

Philippians 3:19-21

Fasting _____ to God.

Romans 8:18

Homework:

1. How does fasting reveal _____ of my _____?

2. How can fasting _____ my _____
with Christ?

3. How is biblical fasting different than a _____ plan
or a _____?
