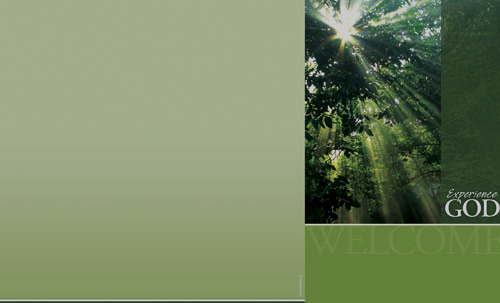
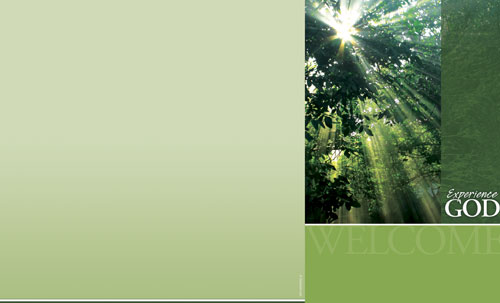
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*“Fasting: The Most Conveniently Forgotten Discipline”*

*11/13/22*

**Main Types of Fasting**

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*Matthew 6: 16 – 18*

*16When you fast, do not look somber as the hypocrites do, for they disfigure their faces to show others they are fasting. Truly I tell you, they have received their reward in full. 17But when you fast, put oil on your head and wash your face, 18so that it will not be obvious to others that you are fasting, but only to your Father, who is unseen; and your Father, who sees what is done in secret, will reward you.*

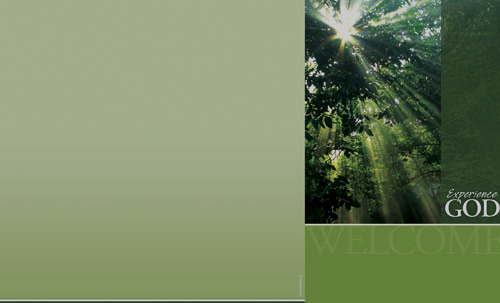
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*Experience God – A Study Of Spiritual Disciplines*

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**FASTING IS \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

Psalm 42: 1 – 2

1 As the deer pants for streams of water, so my soul pants for you,

my God. 2My soul thirsts for God, for the living God. When can I go and meet with God?

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John 6: 35

Then Jesus declared, “I am the bread of life. Whoever comes to me will never go hungry, and whoever believes in me will never be thirsty.

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**FASTING IS \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

John 6: 34 – 35

“My food is to do the will of him who sent me and to finish his work. Don’t you have a saying, ‘It’s still four months until harvest’?

I tell you, open your eyes and look at the fields! They are ripe for harvest.

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*Experience God – A Study Of Spiritual Disciplines*