

“Fasting: The Most Conveniently Forgotten Discipline”

11/13/22

Main Types of Fasting

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FASTING IS

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Matthew 6: 16 – 18

<sup>16</sup>When 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. <sup>17</sup>But when you fast, put oil on your head and wash your face, <sup>18</sup>so 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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FASTING IS \_\_\_\_\_

Psalm 42: 1 – 2

<sup>1</sup>As the deer pants for streams of water, so my soul pants for you, my God. <sup>2</sup>My 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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