



Fasting can be defined as _____
 _____. “Christian fasting, at its root, is the hunger of a homesickness for God.” True Biblical fasting does not happen _____.

MOTIVES OF FASTING

Jesus teaches us about the _____ of fasting. Matthew 6 is a corrective to those who want to be seen by others. Jesus is talking to people who want to be seen and heard by God and not people. Examine: Matthew 6:16-18. Fasting has to be done with the right motive. You don’t fast to _____.
 Fasting must have a purpose.

MISSION OF FASTING

What is the _____ of fasting? Examine: Matthew 4:1-11. Why did Jesus need to fast? Jesus fasted at the beginning of His ministry to _____. This is the same mission that you and I should have when we fast. When we fast, our mission should be _____. There may be many different requests we have as we fast, but the major mission or purpose of our fasting is the same.

MARKS OF FASTING

Now let’s examine the _____ of fasting. What is the outcome that happens once I fast? Examine: Mark 17:14-21. This narrative centers around _____. Look at verses 19, 23, 24, and 29. Jesus is reminding us _____! Many people interpret this text in terms of power, but the power that Jesus exercises is connected to faith. When you pray and fast it should increase your faith!

METHODS OF FASTING

Now we want to look at some methods of fasting. These are a few of the types of fasts you will find in God’s Word:

- _____ fast. This is where you abstain from all food solid and liquid—EXCEPT WATER. 2 Chronicles 20:3.
- _____ fast. This is where you abstain from CERTAIN FOODS. Daniel 10:1-3
- _____ fast. This is where you abstain from all solid and liquid—INCLUDING WATER. Esther 4.