

"A Lifestyle of Fasting" - Matthew 9:14-17

Fasting is not for the strong. It is not for the super-saint. It is not for the perfect. Fasting is for the common, weak, frail, ordinary individual who realizes his or her lack, and has a desperate need for more of God."

1. Fasting is not :

- a _____ program.
- trying to _____ God to do what we want.
- trying to _____ God's _____.
- Inflicting _____ on ourselves by _____ ourselves food.

2. Fasting is _____.

3. Jesus taught in Matthew 9:14-17:

- A. The Disciples didn't need to fast then, because He was their _____.
- B. There will be no fasting in the Age to Come because we will see _____.
- C. But in the time of the _____ all His Disciples will fast.
- D A new _____ requires a new _____.

4. The Father's Promise: Matthew 6:16-18

- "If DO this for Me I will _____."
- Would you like to be rewarded: - _____? OR _____?

Five Aspects of Fasting we need to Know:

- A. Fasting is an _____.
Exodus 24:12 - "_____, _____, and I'll _____ you "
- The intimacy (_____) of any relationship is a _____ decision.
- He rewards spiritual hunger and releases blessings to those who fast.
Heb. 11:6
- B. Fasting is _____. **1 Kings 21:25-29 - Ahab**
- C. Fasting is a _____. (God's _____) **1 Peter 5:5-7**
- D. Fasting is a _____ When we fast:
- we remove our stimulants, we get _____, even _____.
- as our bodies grow weak and hungry our spirits become more _____ to the Holy Spirit.
- the paradox of fasting is as we experience weakness in our _____ we are strengthened in our _____.
- E. Fasting is _____. **Romans 12:1, Luke 2:36-38 – Anna**
- it focuses our _____ on Him.
- it touches His _____.
- it causes us to _____ more deeply.

