

## Should Christians Be FASTING?

### **Matthew 6:16-18**

16 "Whenever you fast, do not put on a gloomy face as the hypocrites do, for they neglect their appearance so that they will be noticed by men when they are fasting. Truly I say to you, they have their reward in full. 17 But you, when you fast, anoint your head and wash your face 18 so that your fasting will not be noticed by men, but by your Father who is in secret; and your Father who sees what is done in secret will reward you.

### **Isaiah 58:3-7**

3 "Why have we fasted and You do not see? Why have we humbled ourselves and You do not notice?" Behold, on the day of your fast you find your desire And drive hard all your workers.

4 "Behold, you fast for contention and strife and to strike with a wicked fist. You do not fast like you do today to make your voice heard on high.

5 "Is it a fast like this which I choose, a day for a man to humble himself? Is it for bowing one's head like a reed and for spreading out sackcloth and ashes as a bed? Will you call this a fast, even an acceptable day to the Lord?"

6 "Is this not the fast which I choose, to loosen the bonds of wickedness, to undo the bands of the yoke, and to let the oppressed go free and break every yoke?"

7 "Is it not to divide your bread with the hungry and bring the homeless poor into the house; When you see the naked, to cover him; And not to hide yourself from your own flesh?"

Jesus promises His blessing on Fasting. Fasting is the quickest way, along with prayer; to seek wisdom, understanding, direction, and God's peace in an urgent situation. The most powerful place on earth is where fasting is combined with prayer.

### **I The WHAT of Fasting**

### **II The WHY of Fasting**

(1) Fasting Expresses \_\_\_\_\_ --"God, I need You."  
Daniel 9:3; Nehemiah 1:4

(2) Fasting Expresses \_\_\_\_\_ --"Lord, I am Available to You."  
Psalm 35:13; 69:10; II Chronicles 7:14

(3) Fasting Expresses as Desire for \_\_\_\_\_  
Ezra 8:21-23

(4) Fasting Expresses Need for \_\_\_\_\_ When Making a Decision  
Acts 13:2,26

(5) Fasting Expresses your \_\_\_\_\_ about Your Commitment to Christ  
II Corinthians 6:4-6

(6) Fasting Expresses a Cry for a \_\_\_\_\_  
Isaiah 58:6

(7) Fasting Expresses a Desire for \_\_\_\_\_  
Isaiah 58:8

(8) Fasting Expresses a Need for God's \_\_\_\_\_  
Ezra 8:23

(9) Fasting Expresses a Longing to be \_\_\_\_\_ of God

(10) Fasting Expresses a Desire to Place One's Body Under the \_\_\_\_\_ of the Holy Spirit  
I Corinthians 9:27

(11) Fasting Expresses \_\_\_\_\_ and Deep Sorrow to God  
Ezra 10:6-17

(12) Fasting Expresses \_\_\_\_\_ or Grief  
II Samuel 1:12

(13) Fasting Expresses a Desire for \_\_\_\_\_ for God's Blessings

(14) Fasting Expresses a Desire to \_\_\_\_\_ to the Lord  
Joel 2:12,15

(15) Fasting Expresses an \_\_\_\_\_ of a Temptation and the Commitment to Overcome it  
Matthew 4:1-11

(16) Fasting Expresses \_\_\_\_\_  
Luke 2:37

(17) Fasting Expresses a Cry to God to Avert National \_\_\_\_\_  
Joel 1:14

### III The WHEN of Fasting

Fast when the Holy Spirit leads you to.  
When you fast...

### IV The HOW of Fasting

#### Four Types of Fasts:

(1) \_\_\_\_\_ Fast (Matthew 4:2)

(2) \_\_\_\_\_ Fast (Daniel 1:12; 10:3)

(3) \_\_\_\_\_ Fast (Acts 9:9)

(4) \_\_\_\_\_ Fast (I Corinthians 7:3-6)

**Fasting puts you in the very best position to hear from God.**

### 10 Lies and Truths About Fasting

I **Lie:** Fasting is \_\_\_\_\_ for Today

**Truth:** Fasting \_\_\_\_\_ for Today  
Matthew 6:16-18

II **Lie:** God \_\_\_\_\_ Fasting

**Truth:** God \_\_\_\_\_ Fasting  
Luke 5:33-35

III **Lie:** It's the \_\_\_\_\_ of Fasting, Not the Attitude during Fasting that is the Most Important

**Truth:** God is More Concerned with the \_\_\_\_\_ than He is the Act  
Isaiah 58:1-5

IV **Lie:** Fasting is the Way to Get God to Do What You \_\_\_\_\_

**Truth:** Fasting is a Way to \_\_\_\_\_ to God's Will

V **Lie:** Fasting is Just Too \_\_\_\_\_ --You Can't Do It

**Truth:** You \_\_\_\_\_ Do It. Jesus Would Not Encourage Something that Would Intentionally Hurt You or be Impossible for You to Do

VI **Lie:** Fasting is the Way to Gain God's \_\_\_\_\_

**Truth:** Only \_\_\_\_\_ in Jesus Christ Gains You God's Approval  
Luke 18:12

VII **Lie:** Fasting Doesn't \_\_\_\_\_ Anything

**Truth:** Fasting \_\_\_\_\_ Things, Fasting Changes You

VIII **Lie:** The Victory Always Comes \_\_\_\_\_ the Fast (Time of Fasting)

**Truth:** Often the Victory Comes \_\_\_\_\_ the Time of Fasting

IX **Lie:** Fasting Makes you \_\_\_\_\_ Spiritual than Others

**Truth:** Spirituality Speaks to your \_\_\_\_\_ not to External Activities

X **Lie:** Fasting Changes God's \_\_\_\_\_

**Truth:** Fasting Brings You In \_\_\_\_\_ With God's Will  
James 1:17; Hebrews 13:8; Malachi 3:6