

Sermon on the Mount Series

Jesus' Words on Fasting

Matthew 6:5-13; 16-18

A. What is _____?

Fasting is a spiritual discipline for inward communion with God, or deep contrition against temptation when you go without food to demonstrate your sincerity to God.

1. Fasting without prayer is not enough. Matthew 17:14-21
2. A Fast was Required for all on the Day of Atonement. Leviticus 16:29

B. 10 _____ OF FASTING Matthew 6:16

1. It's not giving up food; it is a relationship with God.
2. It's not about getting things from God, it is getting to know God.
3. It's not a testimony to others, **so that you do not appear to men to be fasting** (6:18).
4. It's not turning your back on pleasure, it is finding pleasure in God.
5. It's not meritorious. Fasting is to be done willingly.
6. It's not about wearing clothes, i.e., sack cloth.
7. It's not about mournful gestures, i.e., ashes. "Disfigure their face" was actually "make face unappeasable," or neglected.
8. It's not what we give up.
9. It's not about what others will think.
10. It's not about making it through difficulties.

C. 10 _____ FROM FASTING

1. You will establish an honest relationship with God.
2. You will get answers to your prayer. Isaiah 58:6, 9
3. You will eliminate barriers between you and God. 1 Samuel 7:6
4. You will break addictions and bad habits. Isaiah 58:6
5. You intercede for others. 1 Samuel 7:6, 8
6. You will get spiritual insight. Isaiah 58:6, 8
7. You will get spiritual protection. Isaiah 58:6, 8
8. You will get physical healing. Isaiah 58:6, 8
9. You overcome in spiritual warfare. Daniel 10:3, 13
10. You energize missions outreach. Acts 13:3

D. 10 THINGS TO FAST _____

1. Fasting is inward to God, not outward.
2. Fasting puts Jesus first in your agenda.
3. Fasting is hungering after righteousness. Matthew 5:6
4. Fasting begins when you yield everything to God.
5. Write out your purpose for which you are fasting.
6. Then write out other prayer requests.
7. Determine the length of time you will pray and fast.
8. Determine the place you will pray.
9. Write out the time you will begin and end your fast.
10. Remember humility. Matthew 11:11

E. FASTING CHECKLIST

Purpose: _____

Fast: What will you withhold? _____

Begin: Date _____ Time _____

End: Date _____ Time _____

Vow: I believe God is the only answer to my request and that prayer without fasting is not enough to get an answer to my need. Therefore, by faith I am fasting because I need God to work in this matter.

Bible basis: My Bible promise

Resources: What I need during this fast

Vow: God being my strength and grace being my basis, I commit myself to the above fast.

Signature