

## 8 - Fasting

### 1. Thoughts concerning fasting

- The Bible assumes \_\_\_\_\_.
- Most Western Christian have \_\_\_\_\_.
- Fasting is the \_\_\_\_\_ in the Bible.
- Many fear that fasting will turn them into \_\_\_\_\_.
- Many believe that it will produce \_\_\_\_\_.
- Many think that fasting is as unthinkable as \_\_\_\_\_.
- There is an absence of \_\_\_\_\_.
- Our \_\_\_\_\_ make the concept of fasting meaningless.

### 2. What is Fasting?

#### A. A definition

- Fasting is the voluntary abstinence from \_\_\_\_\_.
- Fasting in a broader sense is the denial of a \_\_\_\_\_.

SCRIPTURE Matthew 18:2-4

Then Jesus called a little child to Him, set him in the midst of them, and said, "Assuredly,

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I say to you, unless you are converted and become as little children, you will by no means enter the kingdom of heaven. Therefore whoever humbles himself as this little child is the greatest in the kingdom of heaven.

## B. Several Types of fasts

- A normal fast is abstaining from all food, but not \_\_\_\_\_.
- A partial fast is the limiting the diet, but not \_\_\_\_\_.

### SCRIPTURE Daniel 10:2-3

In those days I, Daniel, was mourning three full weeks. I ate no pleasant food, no meat or wine came into my mouth, nor did I anoint myself at all, till three whole weeks were fulfilled.

- An absolute fast is abstaining from \_\_\_\_\_.
- A supernatural fast is God enabling a person to fast for \_\_\_\_\_.
- A private fast is a fasting in way \_\_\_\_\_.
- A congregational fast is where the \_\_\_\_\_.

## C. The expectation

- Jesus \_\_\_\_\_.

### SCRIPTURE Matthew 6:16-17

“Moreover, when you fast, do not be like the hypocrites, with a sad countenance. For they disfigure their faces that they may appear to men to be fasting. Assuredly, I say to you, they have their reward. But you, when you fast, anoint your head and wash your face,

## D. The Purpose

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- The purpose of fasting is not to \_\_\_\_\_.
- Fasting strengthens \_\_\_\_\_.
- We should fast to \_\_\_\_\_.
- Fasting is an \_\_\_\_\_.
- Fasting seeks \_\_\_\_\_.
- Fasting expresses \_\_\_\_\_.
- Fasting humbles \_\_\_\_\_.
- Fasting expresses \_\_\_\_\_.