



Pastor Toby Locke • Week 9 • 9/5/2021

“Practicing” Fasting

Matthew 6:16-18

Is fasting a biblical practice?

ISRAEL “practiced” it.

⇒ At regularly SCHEDULED intervals. (Leviticus 23:27, Zechariah 8:19)

⇒ In response to a CRISIS. (2 Samuel 12:15b-17, Esther 4:16)

JESUS “practiced” it. (Matthew 4:2)

The early CHURCH “practiced” it. (Acts 13:2-3, 14:23)

Jesus ASSUMED his followers would “practice” fasting.
(Matthew 6:16-18, Matthew 9:14-15)

So, what is the point of fasting?

1. To learn to FEAST on God instead of ALTERNATIVES.
(Matthew 4:1-4, Luke 2:37, Acts 13:2, John 4:32, 34)

2. To express GRIEF over your SIN or your SUFFERING.
(1 Samuel 7:4-6, Daniel 9:3-5, Jonah 3:5; Esther 4:3, Nehemiah 1:3-4)

3. To show your DEPENDENCE on God in difficult situations.
(Ezra 8:21-23, 2 Chronicles 20:2-4; Acts 13:2-3, 14:23)

So, HOW should I “practice” fasting?

SECRETLY, as much as possible. (Matthew 6:16-18)

Start SMALL, then gradually BUILD.

PLAN ahead.

Devote the extra time to WORSHIP and PRAYER.

WRITE down what you feel and learn along the way.

Coordinate with a FRIEND and compare notes afterwards.

Try fasting from things you like *besides* FOOD.

A Tool To Help:

Grab a “Fasting Challenge” worksheet from the resource table and plan when you could implement the “fasting exercises” listed inside!

Keep a record of what you learn in the booklet.

Don’t forget to pick up more prayer resources or Bible reading resources to use during your fasting “practice!”