



Pastor Toby Locke • Week 11 • 9/19/2021

Why Fast? (And How?) — Pt. 2

Jonah 3:5, 2 Chronicles 20:2-4, Matthew 6:16-18

Review: Is fasting a biblical practice?

- ISRAEL* “practiced” it.
- JESUS* “practiced” it.
- The early *CHRISTIANS* “practiced” it.
- Jesus *ASSUMED* his followers would “practice” fasting.

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 _____ over your _____ or your _____.
(1 Samuel 7:4-6, Daniel 9:3-5, Jonah 3:5; Esther 4:3, Nehemiah 1:3-4)

3. To show your _____ 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?

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

- Start _____, then gradually _____.

- _____ ahead.

- Devote the extra time to _____ and _____.

- _____ down what you feel and learn along the way.

- Coordinate with a _____ and compare notes afterwards.

- Try fasting from things you like *besides* _____.

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 worksheet.

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