

When You Fast

Examining Our Hearts Through Fasting

Part 1

Deuteronomy 8:2-3

November 13, 2022

God has given us the _____.

Good things can become _____.

Fasting: Eating sparingly or abstaining from food altogether, either from necessity or desire. abstain from all or some kinds of food or drink, especially as a religious observance.

Fasting in and of itself is not _____ or even spiritual.

One can fast for _____ reasons.

Spiritual fasting entails reducing the intake of food and replacing these activities with the exercise of prayer and preoccupation with _____.

Biblical fasting always deals with _____. The Greek word which is translated “fasting” literally means one who has not eaten, one who is empty, one who is hungry.

Three Types of Fasts

_____ : no intake of food for a prescribed period of time, though there may be an intake of liquids;

_____ : diet is limited, though some food is allowed

_____ : a total abstinence from food and liquids in all forms.

_____ : no food or liquid for an extended period of time.

Moses...Twice *“When I was gone up into the mount to receive the tables of stone, even the tables of the covenant which the LORD made with you, then I abode in the mount forty days and forty nights, I neither did eat bread nor drink water:” Deuteronomy 9:9*

“And I fell down before the LORD, as at the first, forty days and forty nights: I did neither eat bread, nor drink water, because of all your sins which ye sinned, in doing wickedly in the sight of the LORD, to provoke him to anger.” Deuteronomy 9:18

Elijah: “And he arose, and did eat and drink, and went in the strength of that meat forty days and forty nights unto Horeb the mount of God.” 1 Kings 19:8

Jesus: “And when he had fasted forty days and forty nights, he was afterward an hungred.” Matthew 4:2

The first step for any kind of fast is to declare our

_____.

We fast because we long for a greater _____ to God.

Fasting is a matter of _____.

When we fast for a meal or a day or a week, we remind ourselves that more than our stomachs long for the pleasure of food, our souls long for the

_____.

We are _____ in Him and by Him in a way that nothing in this world can compare to—not even the basic daily necessity of food.

Fasting makes sense as a discipline in the Christian life only if it is connected with a _____.

Fasting is always coupled with fervent _____.

Prayer is always _____.

Ultimately, we fast because we desire the _____ of God more than we desire to be filled with food.