

When You Fast

Fasting for Battle Preparation

Matthew 4:1-11 • November 27, 2022

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

Biblical fasting always deals with food. 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

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

Partial: diet is limited, though some food is allowed

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

Fasting prepares us to _____.

We will face _____.

Testing doesn't show God who we are, it shows ourselves and others who _____.

Trials, temptations and testing only magnifies what is _____.

Testing is not a time of _____.

“And lo a voice from heaven, saying, This is my beloved Son, in whom I am well pleased.” Matthew 3:17

For God's strength to be magnified, our own strength must be _____.

Fasting drives us to _____.

God's Word is the only _____ of the armor of God.

“Wherefore take unto you the whole armour of God, that ye may be able to withstand in the evil day, and having done all, to stand. Stand therefore, having your loins girt about with truth, and having on the breastplate of righteousness; And your feet shod with the preparation of the gospel of peace; Above all, taking the shield of faith, wherewith ye shall be able to quench all the fiery darts of the wicked. And take the helmet of salvation, and the sword of the Spirit, which is the word of God:” Ephesians 6:13–17

When tempted by Satan, Jesus always responds with _____.

“... man doth not live by bread only, but by every word that proceedeth out of the mouth of the LORD doth man live.” Deuteronomy 8:3

“Ye shall not tempt the LORD your God, as ye tempted him in Massah.” Deuteronomy 6:16

“Thou shalt fear the LORD thy God, and serve him, and shalt swear by his name.” Deuteronomy 6:13

Fasting fosters dependence on God.

God often drives us to places where He is the _____ we can turn.

“Who fed thee in the wilderness with manna, which thy fathers knew not, that he might humble thee, and that he might prove thee, to do thee good at thy latter end;” Deuteronomy 8:16

The wilderness and fasting both lay bare the contents of our heart. Being alone causes us to _____ on someone or something.

Fasting is a brief, voluntary experience of wilderness _____ to prove our hearts.

Is God sufficient? _____ ?

“Although the fig tree shall not blossom, Neither shall fruit be in the vines; The labour of the olive shall fail, And the fields shall yield no meat; The flock shall be cut off from the fold, And there shall be no herd in the stalls: Yet I will rejoice in the LORD, I will joy in the God of my salvation.”

Habakkuk 3:17-18