

**“The Best Kept Secret to Spiritual Success”
Matthew 6:16-18**

Introduction

1. What is fasting?

- a. There are three types of fasts:
 - 1) The absolute fast – total abstinence from food and water (Exodus 34:28)
 - 2) The _____ fast – vegetarian “fast” (Daniel 10:2-3)
 - 3) The _____ fast – total abstinence of food (Luke 4:1-2)
- b. Some misunderstandings:
 - 1) If you cannot fast, you aren’t sinning by not doing it.
 - 2) Fasting cannot make God do anything He does not desire to do.

2. Why should I fast?

- a. Jesus _____ us to fast (Matthew 6:2, 5, 16)
- b. It moves us closer to _____ (Joel 2:12)
- c. It helps to keep Christ _____ in our life (Mark 8:34)
- d. It assists in powerful _____ (Ezra 8:23)
- e. It assists in breaking the chains of _____ (Isaiah 58:6)
- f. It accompanies seeking God’s _____ (Acts 13:1-3)
- g. It has _____ benefits

3. How should I fast?

- a. Don’t do it to _____ others (Matthew 6:16)
- b. Do it because you love the Lord (Matthew 6:17-18)
- c. Determine ahead of time when you will begin and when you will end.
- d. Determine what kind of fast you will embark on.
- e. Eat healthy food the day before the fast begins.
- f. Drink plenty of _____ or unsweetened drinks.
- g. Spend time in _____ and the _____.
- h. _____
- i. Listen for what God may reveal to you.
- j. End with a lite meal.

Conclusion

As the Lord leads, I will fast this week from _____ (day/time) until _____ (day/time). The purpose of my fast is _____
