



“And when you _____...” (Matt 6:16). What would have gone through the minds of Jesus’ original hearers?

Fasting in the Old Testament

- In connection with the Day of _____ (Lev 23:26-28)
 - “You shall _____ yourselves” (Psa 35:13; Isa 58:3; Ezra 8:21)
 - More than affecting the body, fasting was aimed at impacting the _____ (Psa 69:10)
- In times of social _____ (Judg 20:26; 1 Sam 7:6)
- When loved ones were _____ (2 Sam 12:16-23)
- When loved ones had _____ (2 Sam 1:12)
- When faced with impending _____ (2 Chron 20:3; Est 4:3)
- When confronted with a message of _____ (1 Kings 21:17-29; Jon 3:4-10; Dan 9:3-5; Neh 9:1-3)

Fasting: going without that I might be _____ before the God I need more than _____.

“And when you fast...” (Matt 6:16-18) - a warning against using “religiosity” as a means of _____ myself (Isa 58:4; Zech 7:5; Luke 18:11-12).

Fasting in the New Testament

- Jesus fasted after his baptism and in the face of the devil’s _____ (Matt 3:13-4:4)
- Saul fasted after the _____ appeared to him on the road to Damascus (Acts 9:1-9)
- Prophets and teachers in Antioch fasted as Barnabas and Saul were _____ on a missionary journey (Acts 13:1-3)
- Saul and Barnabas _____ disciples to the Lord with prayer and fasting (Acts 14:21-23)
- Paul references a different _____ of fasting for devotion to prayer (1 Cor 7:3-5)

“... _____ **they will fast**” (Matt 9:14-15). Why? Because at times we all need to be humbled before the God we need more than anything.

- Jesus didn’t institute _____ days or seasons of fasting for his church.
- Fasting can quickly unveil our tendencies toward _____-indulgence, the grip of our _____, and the depth of _____ in our hearts.
- For the sake of the joy of the journey, might this be a good season to go without...