

Spiritual Disciplines

Part Five

The Discipline of Fasting

02/07/2018

Introduction

I. Should Christians fast?

a. In spite of the danger of _____

- **1 Timothy 4:1-3**
- **Colossians 2:20,21**

b. The answer is: _____

- **Matthew 6:16-18**
- **Matthew 9:14-17**

II. What is Fasting?

a. Definition

b. Types of fasting

- i. _____**
- ii. _____**
- iii. _____**
- iv. _____**

III. The Purpose of Fasting: To focus our _____ on _____

- **Colossians 3:1-3**
- **1 Corinthians 6:12; 9:26,27**
- **2 Corinthians 4:16-18**

IV. Spiritual Benefits of Fasting

a. Strengthens _____

- **Nehemiah 1:4**
- **Daniel 9:3**

b. Deepens _____

- **1 Samuel 7:6**
- **Joel 2:12**
- **Jonah 3:5-8**

c. Seeking _____

- **Acts 13:3**
- **Acts 14:23**