

# ***“Fasting with Purity”***

THE KING & I • pt. 37

Matthew 6:16-18

INTRO: *the importance of personal discipline*

Desire without discipline yields \_\_\_\_\_.

Desire with discipline yields \_\_\_\_\_.

## *1. The place of fasting*

Mt. 6:16-18

a. wrong motives in fasting

- “disfigure”
- “hypocrite”

playing church      v.      practicing Christ-likeness

b. Jesus’ assumption behind fasting

## *2. The reasons for fasting*

a. at urgent times

1) during times of \_\_\_\_\_  
2 Sam. 3:35; 12:16; Ps. 35:13

2) during times of \_\_\_\_\_  
2 Chr. 20:3; Esth. 4:16

3) during times of \_\_\_\_\_  
1 Ki. 21:27; Dan. 9:2ff; Jonah 3:5-7

b. at all times

1) Fasting is a means of understanding \_\_\_\_\_.  
Dan. 9:2-4; 21-22

2) Fasting is a means of discerning \_\_\_\_\_.  
Acts 13:1-3

## *3. The benefits of fasting*

a. Fasting is a means by which we \_\_\_\_\_.  
Ps. 27:8

b. Fasting reveals what \_\_\_\_\_.

c. Fasting keeps our lives spiritually \_\_\_\_\_.  
Mt. 4:4

## *4. The challenge to regularly fast*

the goal —

suggestions —

*Emmanuel Bible Notes*

*November 30, 1997 • Pastor Rob Martini*