

Matthew 6:16-18

I. Things to seek by fasting

- A. Show sorrow and ask for comfort (1 Samuel 31)
- B. Show need and ask for help and blessing (2 Samuel 21; Ezra 8)
- C. Show inadequacy for the work before us and ask God for direction and ability (Judges 20; Acts 13; Matthew 4)
- D. Show sorrow for sin and ask for forgiveness (Acts 9)
- E. We're having a fast Wednesday!

II. How to fast

- A. The basics
- B. Who is your audience?
- C. Seek a reward for your fasting (Luke 6:21)

III. Isaiah's message about fasting (Isaiah 58)

- A. We must fast and ask for God's help
- B. We must also *examine ourselves*
- C. We must make God's priorities ours (Habakkuk 3:2)