

“The Fasting That Heaven Rewards!”

Some thoughts from Matthew 6:16-18

Pr. Gregg Hensel

July 3, 2022

Introduction

I. A Biblical _____ of Fasting.

II. _____ Fasting.

A. Putting On A _____.

B. _____ Should We Fast?

1. Fasting follows the _____ of Jesus.
2. Fasting trains us to not be _____ to our appetites and passions.
3. Fasting teaches us to feed our _____ for God.
4. Fasting _____ us from the cares and riches of this world.
5. Fasting moves us to set apart time for _____ God in prayer.
6. Fasting grows our sense of _____, both with the Lord and with each other.

III. _____ Fasting.

A. _____ and Pure

B. _____ Do We Fast?

1. _____.
2. _____.
3. _____.
4. _____.
5. _____.

IV. Seeing and _____.

Application

1. Since fasting is an _____ part of the Christian life, we will trust the LORD to teach us how to fast in ways that honor Him.
2. As the Spirit leads and _____ us, we will fast as a way to know God more deeply.
3. Because fasting is a _____ for us, we will depend upon the LORD to guide and empower our times of fasting.
4. As we fast and pray, we ask the Spirit to lead us to _____ our sins, repent from our wicked ways, and seek His will for our lives.