

**E33: Show Me Your Glory  
“Fasting”  
Various Scriptures  
August 24, 2008**

**Definition: A voluntary withdrawing from food or drink, or other fleshly appetites, for a specified period of time.**

**What is fasting?**

**Types of Fasting:**

**Normal**

**Absolute**

**Specific or Partial**

**Jesus and Fasting (Matthew 6)**

**Christianity 101: “Giving”**

**“Praying”**

**“Fasting”**

**Contrast: Truth vs. Hypocrisy**

**Hypocrisy:**

**Robs us of the reality of Christian living.**

**Robs us of spiritual reward.**

**Robs us of spiritual influence.**

**Truth:**

**Heart matters.**

**An audience of one.**

**Benefits of Fasting:**

**Help (2 Chronicles 20)**

**Healing (Matthew 17)**

**Hearing (Isaiah 58)**

**Over the next 50 days, we are asking the body of Wildwood to fast for the following:**

**Lost**

**Obedience**

**Victories**

**Enhancement**