

FASTING: A FORGOTTEN PRAYER PATH

November 20, 2022

Matthew 6:16-18

**FASTING ISN'T ABOUT LESS _____,
IT'S ABOUT MORE OF THE _____.**

I. What is _____? – v. 16

Biblical fasting is a _____
_____.

Types of Biblical Fasting:

1.

2.

3.

4.

5.

*Heart of Fasting: Intentional pursuit of _____ not just
His favor.*

II. _____ should I fast? – v. 16-17

10 Ways Fasting draws me closer to God:

1.

2.

3.

4.

5.

6.

7.



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Matthew 6:16-18

8.

9.

10.

Why Fast? – To experience _____ and His goodness.

III. _____ do I fast Biblically? – v. 16-18

Biblical Process:

1. Don't _____ it.

2. _____ Basis.

What are the three steps Jesus outlines for a biblical process for fasting in Matthew 6:16-18? Why are these steps important for fasting that pleases God? How do you feel about Jesus's expectation that His disciples would fast? What thoughts or emotions does the call to fast stir in your mind and heart?

3. APPLY THE TRUTH

For many of us fasting is a brand new spiritual discipline – one we have never tried or have very little experience with. This is a great opportunity to practically grow in your faith and prayer life with the Lord. Review the list of 10 ways fasting draws us closer to God and pick one that applies for you right now. Then make a plan to seek God through a biblical fast in the days or weeks ahead.



3. Focus on _____ not food.

Practical Guide to Biblical Fasting:

- 1. Make a plan

- 2. Spiritually Prepare

- 3. Physically Prepare

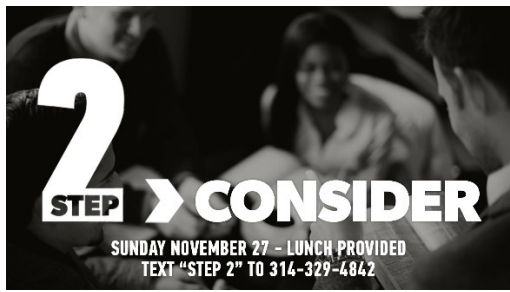
- 4. Shift Time

- 5. General Wisdom

Fasting isn't about your appetite for food, but rather your _____

_____.

Stewardship Report:
Last Week: \$6,716
This Month: \$22,786
Last Month: \$53,858
Monthly Budget: \$30,555



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SMALL GROUP APPLICATION QUESTIONS

1. STUDY THE WORD

Read Matthew 6:16-18. Why did some religious people look gloomy and disfigure their faces when they were fasting? Why does Jesus call them hypocrites? How does this type of behavior negate the biblical purpose of fasting?

2. ASSESS YOUR LIFE

Prior to this past Sunday's message, what did you know or think about fasting? What has been your previous exposure to or participation in fasting? How does your previous understanding or experience line up with the Bible's teaching on fasting? What other questions or concerns do you still have about fasting?

Why do you think the Bible only ever talks about fasting from food? How should this inform how we fast? What are the right and wrong purposes for fasting? Review the 10 ways fasting draws us closer to God. How could you use fasting to draw you closer to God in one or more of these ways?