



Suber Road
BAPTIST CHURCH

“When ye fast...”

Matthew 6:16-18

The Gospel Changes Everything

“When ye fast...”

fast·ing

To abstain from food.

To eat very little or abstain from certain foods, especially as a religious discipline.

Fasting

Four Myths of Fasting

Myth 1

Fasting is an optional
part of my Christian life

Fasting

“Defraud ye not one the other, except it be with consent for a time, that ye may give yourselves to fasting and prayer...”

I Cor. 7:5

Carl Lundquist

“I had never fasted like that.”

Myth 2

Fasting requires
the right methodology

Fasting

Motive is more
important than method

Myth 3

Fasting is always
to be a private matter

Fasting

The thief of God's blessing:
"to be seen"

Myth 4

Fasting changes only my
heart with no effect on God

John Piper

“God must reward this cry because God is most glorified in us when we are most satisfied in Him.”

