

“Fasting with Purity.2”

THE KING & I • pt. 38

Matthew 6:16-18

1. The place of fasting

a. definition:

the voluntary abstaining from _____
for _____ purposes

b. frequency:

Mt. 6:16; 9:14-15

c. purpose:

- a _____ toward the end of _____
- a _____ to discipline the _____ to accomplish what is desired by the _____

2. The benefits of fasting

a. a means to understand _____.
Dan. 9:2-4; 21-22

b. a means of discerning _____.
Acts 13:1-3

c. a means to acknowledge _____ upon God.
Ezk. 16:49; Deut. 8:2-3, 11-14; Hos. 13:6
Ps. 69:10

d. a means toward spiritual _____.
Mt. 17:19-21; Mk. 9:29

e. a means toward more _____.
Jer. 29:13; Joel 2:12

f. a means to victory in spiritual _____.
Eph. 6:12

3. The types of fasting

- private
- public
Jer. 36:6; Joel 2:15; Zech. 8:19
- absolute
Esth. 4:16; Acts 9:9
- normal
- partial
Dan. 1:15; 10:3

4. The challenge to regularly fast the goal —

suggestions —