

Sermon Title: **“FASTING”**

Matthew 6:16-18

- The Hebrew word for fasting literally means to _____ your _____ (from that we get the idea of abstaining from _____)
- Fasting must be done for a Christ-centered _____
 - When we fast, we temporarily choose to _____ our bodies of food or some other _____ ingrained routine
- Stark _____ presented in this passage: How the _____ fast vs how _____ of Christ fast
 - Fasting intensifies our utter _____ upon God (it humbles us)
 - When we strip away all the _____ which can interfere or deprive alone time with God, God _____ in a deep intimate way
 - Removing all of our crutches allows God our _____ to address pinpointed _____ sin issues
 - It is good for us to intentionally _____ our appetites
 - Fasting helps us to see things from God’s _____
 - Fasting brings us to a place where we are so _____ and _____ with God that we trust Him even if we don’t see it
- I. _____ – Fasting is a statement that says “I love _____ more than _____”
 - Fasting is an _____, which echoes an intense desire (to crave Christ)
- II. _____ – Fasting helps us to _____ what actually comes out of our hearts, when we’re not _____ by food
 - DON’T neglect the _____ of fasting
 - Food isn’t the _____ for fasting (intentionally removing any _____ in order to devote more time to prayer and Scripture)
 - Put your body under subjection (use the _____ of your body and the _____ we are bound to as a way to _____ you)