

March 20, 2022

FASTING AND FEASTING

I. Introduction:

After fasting forty days and forty nights, Jesus was hungry.
Matthew 4:2

³⁴ The Son of Man came eating and drinking, and you say, 'Here is a glutton and a drunkard, a friend of tax collectors and sinners.' Luke 7:34

II. What Is Fasting?

_____ from something, usually food, for a limited time in order to more fully engage in a spiritual practice.

A. Why Is Fasting Important?

It is all through _____

It is all through _____

It is _____ (Physically and Spiritually)

B. What Fasting Important To Jesus?

Jesus _____ (Matthew 4:2)

Jesus _____ (Matthew 6:16)

Jesus _____ (Matthew 6:16-18)

III. The Benefits of Fasting:

Teaches me _____

Focuses my _____

Develops Empathy For The _____

IV. Three Ways To Start Fasting

Pick something to fast from

Sundown to sundown

Start with one meal

- If you have an eating disorder, consider fasting from something other than food: Use wisdom and grace and do not be legalistic about this.

V. Don't Forget To Feast!

³⁴ The Son of Man came eating and drinking, and you say, 'Here is a glutton and a drunkard, a friend of tax collectors and sinners.' Luke 7:34

VI. Conclusion And Application:

Fasting and feasting are not ends to themselves, their purpose is to help us _____