

## THE WAY FORWARD - NO. 3

### “Fasting”

#### Matthew 6:16-18

**Theme:** *Examining the spiritual discipline of fasting and how it can benefit us!*

General observations about fasting:

- Taught in the Old Testament: *Lev.16:31; Zech.8:19*
- Practiced by Jesus: *Matt.4:1; 9:14-15*
- Observed by the Church: *Acts 13:1-3; 14:23*

### 1. What Is Fasting?

- Fasting means a total a \_\_\_\_\_ from f\_\_\_\_\_.
- It is practiced for certain s \_\_\_\_\_ reasons.
- Fasting should not be confined to f\_\_\_\_\_.

### 2. When Should We Fast?

- To demonstrate r \_\_\_\_\_ (sorrow) for sin.
- When facing an i \_\_\_\_\_ d \_\_\_\_\_.
- To practice self-d \_\_\_\_\_.
- To s \_\_\_\_\_ with others.

### 3. How Should We Fast?

- Avoid...
- Practice...