

Sermon Notes

Fasting Like Jesus

June 15, 2024

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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?

a) Fasting means a total a_____ from f_____.

b) It is practiced for certain s_____ reasons.

c) Fasting should not be confined to f_____.

2. When Should We Fast?

a) To demonstrate r_____.

b) When facing an i_____ d_____.

c) To practice self-d_____.

d) To s_____ with others.

3. How Should We Fast?

a) Avoid...

b) Practice...