



## A Commitment to Fasting

### *Matthew 6:16-18*

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#### I. What is fasting?

A. Fasting is refraining from a specific **THING** for a specific **TIME** and a specific **REASON**

#### II. What different **TYPES** of fasts does the Bible address?

- **NORMAL** (*Matthew 4, Luke 4*)
- **PARTIAL** (*Daniel 1*)
- **ABSOLUTE** (*Ezra 10; Acts 9*)
- **SUPERNATURAL** (Moses and Elijah)
- **PRIVATE** (*Matthew 6*)
- **CONGREGATIONAL** (*Joel 2; Acts 13*)
- **NATIONAL** (*2 Chronicles 20; Nehemiah 9; Esther 4; Jonah 3*)
- **REGULAR** (*Leviticus 19*)
- **OCCASIONAL** Fast (*Esther 4, Matthew 9*)

### **III. WHY should I fast?**

A. Jesus **ASSUMES** and **EXPECTS** that we would fast (*Matthew 6:16-18; 9:14-15*)

#### **B. 6 Biblical Purposes for Fasting**

1. We fast to strengthen **PRAYER**
2. We fast to **SEEK** God's Guidance
3. We fast to express **GRIEF**, **REPENTANCE**, and return to God
4. We fast to **HUMBLE** ourselves before God
5. We fast to overcome **TEMPTATION** and dedicate ourselves to God
6. We fast to express **LOVE** and **WORSHIP** to God

### **IV. How do I start?**

- A. Start **SMALL**
- B. **PLAN** what you will do instead of eating
- C. Try different **KINDS** of fasting
- D. Learn to fast by **FASTING**