

- 3) Do my objectives tend to be self-centered? Is my desire for personal blessing balanced by genuine concern for others?

Philippians 2:4

- 4) Am I determined above all else to minister to the Lord in this fast?

Questions for study:

What is your attitude toward fasting?

What is the primary purpose of fasting?

How can fasting reveal what controls your life?

What is most difficult about fasting for you?

What have you learned as a result of fasting?

Fasting

Zechariah 7:5; Daniel 10:2-3

Pastor Zac Nazarian | March 26 - 27, 2022

To fast is to abstain for a limited period of time from any kind of _____.

Fasting is a _____ denial of an otherwise normal function for the sake of intense _____ activity.

Fasting is an act of _____ for _____ purposes.

Fasting is not:

- 1) _____
- 2) _____
- 3) _____

Why should you fast?

Fasting was practiced in Israel

- 1) In preparation for _____.
Exodus 34:28
Daniel 9:3
- 2) When _____.
2 Samuel 12:16-23
Daniel 10:2-3
- 3) When there was danger of _____ or _____.
Judges 20:24-28
Esther 4:16
- 4) To bring success to the return of the _____.
Ezra 8:21-23

In the course of time what happened to the exercise of fasting in Israel?

- *Isaiah 58:3-7*

What was Jesus' attitude toward fasting? (*Matthew 6:16-18*)

Fasting is a time for:

- 1) Personal _____ and _____.
(*Psalm 35:13; Isaiah 58:3*)
- 2) _____ and spiritual _____.
(*Isaiah 58:6-7; Matthew 6:16-18*)
- 3) Learning to understand _____.
(*Daniel 9:3, 20-23; Psalm 32:8*)
- 4) Expressing wholehearted _____ to God.
(*Joel 2:12-14*)

Fasting can also...

- 1) Help us keep our _____ in life.
1 Corinthians 6:12
- 2) Help reveal what _____ us.

Some things to remember...

- 1) Are my motives right?
Matthew 6:16-18
- 2) What are my spiritual objectives in this fast?
 - Draw close to God?
 - Personal sanctification/consecration?
 - Intercession?
 - Special burdens?
 - God's wisdom, insight, guidance, blessing?
 - Spiritual fullness for self/others?
 - To bring renewal/revival?