

Fasting was \_\_\_\_\_ for Old Testament saints.

Fasting was \_\_\_\_\_ of New Testament saints.

### The Purpose of Fasting

You fast to...

\_\_\_\_\_ over the \_\_\_\_\_

Overcome \_\_\_\_\_ and \_\_\_\_\_

Seek God's \_\_\_\_\_ in \_\_\_\_\_

See God's \_\_\_\_\_ and \_\_\_\_\_

Prepare for a \_\_\_\_\_ or \_\_\_\_\_

Don't \_\_\_\_\_ your \_\_\_\_\_

True fasting \_\_\_\_\_ on the \_\_\_\_\_

Fasting with pure \_\_\_\_\_ will be \_\_\_\_\_ and \_\_\_\_\_

### Practical tips

1. Start out \_\_\_\_\_
2. \_\_\_\_\_ your fast
3. Don't set \_\_\_\_\_
4. How will you \_\_\_\_\_?

### Questions to think about...

1. How would you define fasting in your own words? Have you ever tried it? What was your experience?
2. Read Matthew 6:16-18. What does this phrase imply about fasting in the life of a believer?
3. What are some ways we might unintentionally seek recognition for our spiritual practices today?
4. In verse 17, Jesus says to anoint your head and wash your face when fasting. What do you think this symbolizes about how we should approach fasting?
5. What kind of reward is Jesus referring to in v. 18?
6. Fasting is often misunderstood or overlooked in modern Christian life. Why do you think that is? How could fasting be a meaningful part of our faith today?
7. What are some practical ways we can fast (beyond food) to draw closer to God? What could you give up for a period of time to focus more on Him?
8. Is there a specific situation in your life or community that might call for fasting and prayer? How might this spiritual practice help you seek God's guidance?
9. If you've never fasted before, what is one small step you could take to try it this week?