

Message Notes

January 16, 2022

21 Days of Prayer & Fasting
Fasting
Matthew 6:16-18
Steve Patzia

■ We're committing to _____ in Jesus in _____ & _____.

Understanding Fasting

When you fast, do not look somber as the hypocrites do, for they disfigure their faces to show others they are fasting. Truly I tell you, they have received their reward in full. Matthew 6:16

- Fasting is *not* _____-righteous _____. (Mt 6:1, 16-18; Lk 18:9-14)
- Fasting is *not* a way to _____ God. (Zec 7:5)
- Fasting is *not* " _____ " to gain God's _____. (Isa 58:3-7; Gal 3:1-3)
- Fasting is *not* _____.
- Fasting is _____ from _____ for a _____ purpose.
- There are _____ types in Scripture: _____, normal & _____.
- God may also call us to fast from _____ that's _____ us.

How can the guests of the bridegroom mourn while he is with them? The time will come when the bridegroom will be taken from them; then they will fast. Matthew 9:15

■ Jesus made it clear His disciples _____ fast _____. He was _____.

The Purpose of Fasting

- The _____ purpose to fast is to _____ to _____.
- In fasting we give up _____ to " _____ " on God. (Mt 4:4; Jn 4:32-34)
- We can also _____ the Lord for _____ in our lives. (Mk 9:29)
- Breakthrough *from*: what _____ us, _____. (Dan 9:1-19; 2 Chron 20:3)
- Breakthrough *for*: _____, _____ relationships, _____.

But seek first His kingdom and His righteousness, and all these things will be given to you as well. Matthew 6:33

■ Is my _____ desire to _____ more _____ in Jesus in _____?