

# Message Notes

February 16, 2025

Reorient  
When You Fast... (Matthew 6:16-18)  
Steve Patzia

■ What if \_\_\_\_\_ could make \_\_\_\_\_ in our lives for what we \_\_\_\_\_?

## What is 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

- Jesus \_\_\_\_\_ that His followers \_\_\_\_\_ practice \_\_\_\_\_.
- ① Fasting is \_\_\_\_\_ to be \_\_\_\_\_ - \_\_\_\_\_ promotion. (Lk 18:10-12)
- Fasting is not a " \_\_\_\_\_," it is a \_\_\_\_\_ of \_\_\_\_\_ in Jesus. (Jn 15:5)
- ② Fasting is \_\_\_\_\_ a way to \_\_\_\_\_ God. (Is 58-2-3; Zec 7:5)
- ③ Fasting is \_\_\_\_\_ a way we \_\_\_\_\_ ourselves for our \_\_\_\_\_. (Rom 2:4)
- ④ Fasting is \_\_\_\_\_ a \_\_\_\_\_.
- Fasting is \_\_\_\_\_ from \_\_\_\_\_ to make \_\_\_\_\_ for God.
- There are \_\_\_\_\_ types of fasts: \_\_\_\_\_, normal, & \_\_\_\_\_.
- We may also need to \_\_\_\_\_ from other things that \_\_\_\_\_ our lives.
- A good prayer: "What do I do in \_\_\_\_\_ that is \_\_\_\_\_ You out?"

## The Purpose of Fasting

- The \_\_\_\_\_ purpose of fasting is to \_\_\_\_\_ to the \_\_\_\_\_.
- In fasting we \_\_\_\_\_ up \_\_\_\_\_ to " \_\_\_\_\_" on the Lord. (Mt 9:15)

"My food is to do the will of Him who sent Me and to finish His work." John 4:34

- In fasting we can also \_\_\_\_\_ God for \_\_\_\_\_ in our lives.
- From what \_\_\_\_\_ us, \_\_\_\_\_, \_\_\_\_\_, the \_\_\_\_\_ & \_\_\_\_\_.
- What if \_\_\_\_\_ could make \_\_\_\_\_ in \_\_\_\_\_ for what \_\_\_\_\_ most need?

Watch or listen to today's message at [www.cherryhillsfamily.org](http://www.cherryhillsfamily.org). Cherry Hills Podcast is on Apple Music. ©2025 Steve Patzia

We know that the practice of fasting may bring with it difficulty for you or someone you love due to past or current unhealthy relationship to body and/or food. We care deeply about the renewal and restoration Jesus offers every person in mind, body and spirit.

Here are two QR codes to resources we think would be helpful when it comes to this topic. One is the first message in our fasting series given this past Sunday which addresses four cultural narratives that can lead to an unhealthy relationship between body and spirit and body and food. The other is an interview between Pastor John Mark Comer and Dr. Alison Cook, a licensed therapist and author with a doctorate in psychology and theology from the University of Denver Seminary. We hope these are both helpful to you.

If we can serve you in any other way, please reach out to us.



Sermon:  
Reorient - The Good of  
Going Without



Podcast:  
Pastor John Mark Comer &  
Dr. Alison Cook