

SERMON NOTES FOR FASTING

Matthew 6:16-18 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. ¹⁷ But when you fast, put oil on your head and wash your face, ¹⁸ so that it will not be obvious to others that you are fasting, but only to your Father, who is unseen; and your Father, who sees what is done in secret, will reward you.

Jonah 3:7-10 This is the proclamation he issued in Nineveh: "By the decree of the king and his nobles: Do not let people or animals, herds or flocks, taste anything; do not let them eat or drink. ⁸ But let people and animals be covered with sackcloth. Let everyone call urgently on God. Let them give up their evil ways and their violence.

⁹ Who knows? God may yet relent and with compassion turn from his fierce anger so that we will not perish." ¹⁰ When God saw what they did and how they turned from their evil ways, he relented and did not bring on them the destruction he had threatened.

- **Fast for** _____.

Ezra 8:21-23 There, by the Ahava Canal, I proclaimed a fast, so that we might humble ourselves before our God and ask him for a safe journey for us and our children, with all our possessions. ²² I was ashamed to ask the king for soldiers and horsemen to protect us from enemies on the road, because we had told the king, "The gracious hand of our God is on everyone who looks to him, but his great anger is against all who forsake him." ²³ So we fasted and petitioned our God about this, and he answered our prayer.

- **Fast for** _____.

Esther 4:16 Go, gather together all the Jews who are in Susa, and fast for me. Do not eat or drink for three days, night or day. I and my attendants will fast as you do. When this is done, I will go to the king, even though it is against the law. And if I perish, I perish.

- **Fast for** _____.

Acts 13:2-3

While they were worshiping the Lord and fasting, the Holy Spirit said, "Set apart for me Barnabas and Saul for the work to which I have called them." ³ So after they had fasted and prayed, they placed their hands on them and sent them off.

- **Fast for** _____.

2 Samuel 12:21-23 His attendants asked him, "Why are you acting this way? While the child was alive, you fasted and wept, but now that the child is dead, you get up and eat!" ²² He answered, "While the child was still alive, I fasted and wept. I thought, 'Who knows? The LORD may be gracious to me and let the child live.' ²³ But now that he is dead, why should I go on fasting? Can I bring him back again? I will go to him, but he will not return to me."

- **Fast for divine** _____.

Matthew 4:4 Man shall not live on bread alone, but on every word that comes from the mouth of God.

- **Fast for** _____.

POINTS TO PONDER

1. Reread Isaiah 58. What is God calling you to fast from and for what purpose?
2. Choose a book of the Bible to focus on while you take this fast and write it below.
3. Choose at least one day during the weeks to come to fast from food. Try starting your fast after dinner and sustain it until dinner the next day. Drink plenty of water during this time period unless you feel called to a complete fast. Each time you feel hunger pains, meditate on and pray about the book of the Bible you chose to focus on during this time period. Keep track of what God is teaching you through his word by writing it down.