

INDULGE YOURSELF OR DENY YOURSELF?

Matthew 6:16-18

HOW DOES A 21ST CENTURY DISCIPLE OF JESUS FAST?

1. WE FAST AT TIMES FOR SPECIFIC _____.

* FOR MAJOR _____

"When I went up the mountain to receive the tablets of stone, the tablets of the covenant that the LORD made with you, I remained on the mountain forty days and forty nights. I neither ate bread nor drank water."

Deuteronomy 9:9 (English Standard Version)

* WHEN WE NEED _____

"Then Jesus was led by the Spirit into the desert to be tempted by the devil.

² After fasting forty days and forty nights, he was hungry." Matthew 4:1-2

* WHEN TAKING ON SPECIAL _____

"While they were worshipping 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."

Acts 13:2-3

* TO _____

"On the twenty-fourth day of the same month, the Israelites gathered together, fasting and wearing sackcloth and having dust on their heads.

² Those of Israelite descent had separated themselves from all foreigners. They stood in their places and confessed their sins and the wickedness of their fathers."

Nehemiah 9:1-2

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2. WE FAST REGULARLY _____ AS DISCIPLES.

"... discipline yourself for the purpose of godliness; ⁸ for bodily discipline is only of little profit, but godliness is profitable for all things, since it holds promise for the present life and also for the life to come."

1 Timothy 4:7-8 (New American Standard Bible)

*** TO _____ IN WORSHIP.**

"While they were worshiping the Lord and fasting, the Holy Spirit said..."

Acts 13:1

"... I put on sackcloth and humbled myself with fasting...."

Psalms 35:13

*** TO LEARN TO _____.**

"Then he said to them all: "If anyone would come after me, he must deny himself and take up his cross daily and follow me."

Luke 9:23

*** TO BREAK _____ HABITS.**

"Solid food is for those who are mature, who through training have the skill to recognize the difference between right and wrong".

Hebrews 5:14 (New Living)

*** TO _____ IN THE LORD.**

"Finally, be strong in the Lord and in his mighty power." **Ephesians 6:10 (NIV)**

3. WE FAST _____ AS WORLD CHANGERS.

"Everything is permissible for me"--but not everything is beneficial. "Everything is permissible for me"--but I will not be mastered by anything.

1 Corinthians 6:12