

## **Making Sense When It Doesn't Make Sense**

### ***Fasting***

Matthew 6:17,18; Matthew 17:21

Week 4

#### **I. Fasting is not intended for:**

- A. \_\_\_\_\_ God to change His mind
- B. Making you or I more \_\_\_\_\_ to God
- C. Helping you loose \_\_\_\_\_

#### **II. Purposes for fasting:**

- A. It \_\_\_\_\_ you and I to be and do what God has willed
- B. It helps \_\_\_\_\_ my heart, mind and body to receive what God has for me
- C. It \_\_\_\_\_ me for the battle ahead (Isa 58:6)

#### **III. Examples of how God used fasting to bring victory**

- A. In \_\_\_\_\_ situations - Nehemiah 1:4; 2:6
- B. In \_\_\_\_\_ crisis - II Chronicles 20:27
- C. In \_\_\_\_\_ the will of God - Daniel 9:3

#### **IV. Types of fasts that God honors**

- A. A \_\_\_\_\_ fast - Matthew 4:2
- B. A \_\_\_\_\_ fast - Daniel 1:12
- C. An \_\_\_\_\_ fast - Ezra:10:6; Esther 4:16
- D. A \_\_\_\_\_ fast - Joel 2:15,16