



MATTHEW 6:16-18 NIV

Fasting is **not** a **command**, but it is an **opportunity**

MATTHEW 4:1-4 NIV

Remember how the LORD your God led you all the way in the desert these forty years, to humble you and to test you in order to know what was in your heart, whether or not you would keep his commands. He humbled you, causing you to hunger and then feeding you with manna, which neither you nor your fathers had known, to teach you that man does not live on bread alone but on every word that comes from the mouth of the LORD. Your clothes did not wear out and your feet did not swell during these forty years. Know then in your heart that as a man disciplines his son, so the LORD your God disciplines you.

DEUTERONOMY 8:2-5 NIV

Fasting makes me **physically aware** of my **need** for **God**

But here is the bread that comes down from heaven, which a man may eat and not die. I am the living bread that came down from heaven. If anyone eats of this bread, he will live forever.

JOHN 6:50-51 NIV

Fasting expresses my **desire** for **God**

Fasting suggestions:

Choose the **type** and **duration** of the fast

Start **small** and **grow** from there

During your fast, **seek** to **draw closer** to **God**

Expect **temptation**

Only **tell** those that **need** to **know**