

# MESSAGE NOTES

January 29, 2006

What Jesus Says About: Fasting  
Matthew 6:16-18  
Pastor Jeff Nelsen

■ Jesus \_\_\_\_\_ & said His \_\_\_\_\_ would \_\_\_\_\_. Matt 4:2; 9:14-17

“When you fast, do not look somber as the hypocrites do, for they disfigure their faces to show men they are fasting.

I tell you the truth, they have received their reward in full.” Matthew 6:16

## UNDERSTANDING WHAT JESUS SAYS

■ Fasting: to refrain from \_\_\_\_\_ for a spiritual \_\_\_\_\_.

■ Jesus doesn't give a \_\_\_\_\_—but says “ \_\_\_\_\_ ” not “ \_\_\_\_\_.”

■ Jesus' warning: don't \_\_\_\_\_ for people's \_\_\_\_\_. Matthew 6:1

■ Jesus' \_\_\_\_\_ check: fast for \_\_\_\_\_ God. Psalm 34:8; Zechariah 7:5

■ \_\_\_\_\_ on God, hunger for the \_\_\_\_\_ more than gift. John 4:32-34

■ Jesus' \_\_\_\_\_: Father God will \_\_\_\_\_ US. 1 Kings 21:25-29; Heb 11:6

“But when you fast, put oil on your head and wash your face, so that it will not be obvious to men 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.”

Matthew 6:17-18

## PRACTICING WHAT JESUS SAYS

■ Decide on a spiritual \_\_\_\_\_, a \_\_\_\_\_ frame & \_\_\_\_\_ of fast.

■ \_\_\_\_\_ to fast \_\_\_\_\_ worship, pray or serve & fast at same time.

■ \_\_\_\_\_: love the LORD in this \_\_\_\_\_ way. Joel 1:14

Copies of today's message can be downloaded free at [www.cherryhillfamily.org](http://www.cherryhillfamily.org). Also available for purchase after 10:45 services or by request on your card-ready Monday. Suggested donation: \$1-tapes, \$2-cds. Questions? Call 217-546-4818.

# BIBLICAL PURPOSES FOR FASTING

(from *Spiritual Disciplines For The Christian Life* by Donald Whitney)

## 1. To Strengthen Prayer

Ezra 8:23; Nehemiah 1:4; Daniel 9:3; Acts 13:3 (see footnote to Mark 9:29)

## 2. To Seek God's Guidance

Exodus 34:27-28; Judges 20:26-28; Acts 13:3; 14:23

## 3. To Express Grief

1 Samuel 20:34; 31:13; 2 Samuel 1:12; Ezra 10:6

## 4. To Seek Deliverance Or Protection

2 Chronicles 20:3-4; Ezra 8:21-23; Esther 4:12-16

## 5. To Express Repentance & Return To God

Joel 2:12; Jonah 3:5-8

## 6. To Humble One's Self Before God

1 Kings 21:27-29; Psalm 35:13

## 7. To Express Concern For God's Work

Nehemiah 1:3-4; Daniel 9:2-3

## 8. To Minister To The Needs Of Others

Isaiah 58:6-7

## 9. To Overcome Temptation & Dedicate Yourself To God

Matthew 4:1-11

## 10. To Express Love & Worship To God

Luke 2:37; Acts 13:2

## DIFFERENT KINDS OF FASTS IN THE BIBLE

**Normal Fast:** for a period of time, abstain from all food, but not water (Luke 4:2)

**Partial Fast:** limitation of diet, but not abstaining from all food (Daniel 1:12; Matthew 3:4)

**Absolute Fast:** abstain from all food & liquid, even water (Ezra 10:6; Est 4:16; Acts 9:9)

**Supernatural Fast:** forty days & nights without food or water (Deut 9:9; 1 Kings 19:8)

**Private Fast:** abstain from food so as not to be noticed by others (Matthew 6:16)

**Congregational Fast:** entire congregation gathering to fast (Joel 2:15-16; Acts 13:2)

**National Fast:** leaders declare a time for whole nation to fast (2 Chron 20:3; Jonah 3:5-8)

**Regular Fast:** abstain from food same time each wk or yr (Lev 16:29; Zech 8:19; Lk 18:12)

**Occasional Fast:** abstain from food as need arises or on special occasions (Matt 9:15)