

FASTING 101
Isaiah 58:1-12
December 31, 2023

Fasting is when you _____ from
your diet for a _____ amount of time
for a _____ purpose

We fast to experience _____ with God

"I am the bread of life. Whoever comes to me will never be hungry again. Whoever believes in me will never be thirsty. - John 6:35 (NLT)

We fast to experience God as our _____

We fast to _____ on God regarding our

We fast believing God for a _____
outcome

"... 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. - Ezra 8:21 (NIV)

We fast with _____ and _____

They seek me day after day; they want to know my requirements, like a nation that does what is right and does not reject the law of their God. They ask me for just decrees; they want to be near God. - Isaiah 58:2 (NET)

Fasting is done to _____ our hearts, not to draw

Fasting acknowledges God; it doesn't _____ Him

As for me, I will call upon God, And the Lord shall save me. Evening and morning and at noon I will pray, and cry aloud, And He shall hear my voice. - Psalm 55:16-17 (NKJV)

WHILE FASTING WE...

_____ to God
_____ the guilt and _____ held against others
_____ ourselves and others from _____
_____ those who are broken and _____
_____ the things that cause us to be _____
from God and others
Increase our _____
Turn to God for _____
Aid in _____
Clarify God's _____ and _____
Witness God's _____

Before we fast, we want to _____ ourselves

If you extend your soul to the hungry And satisfy the afflicted soul, Then your light shall dawn in the darkness, And your darkness shall be as the noonday. - Isaiah 58:10 (NKJV)

Make time to share the _____

Just because we are _____ doesn't mean life will
be _____

Fasting supports the _____ around you.