DO WHAT MAKES YOU holy
PRAYER & FASTING

What Does Scripture Teach Us About Fasting?

1.Fasting helps us give God our ATTENTION.

5 "When you pray, don't be like the hypocrites who love to pray publicly on street corners and in the synagogues where everyone can see them. I tell you the truth, that is all the reward they will ever get. 6 But when you pray, go away by yourself, shut the door behind you, and pray to your Father in private. Then your Father, who sees everything, will reward you. 7 When you pray, don't babble on and on as the Gentiles do. They think their prayers are answered merely by repeating their words again and again." Matthew 6:5–7 (NLT)

16 "And when you fast, don't make it obvious, as the hypocrites do, for they try to look miserable and disheveled so people will admire them for their fasting. I tell you the truth, that is the only reward they will ever get. 17 But when you fast, comb your hair and wash your face. 18 Then no one will notice that you are fasting, except your Father, who knows what you do in private. And your Father, who sees everything, will reward you." Matthew 6:16–18 (NLT)

- Biblical fasting is intentionally abstaining from food for a spiritual purpose.
- Sometimes **slowing down** is necessary for moving **forward**.

"Draw near to God, and he will draw near to you…" James 4:8 (ESV)

2.Fasting teaches us to DEPEND on God.

"And a voice from heaven said, 'This is my dearly loved Son, who brings Me great joy.'" Matthew 3:17 (NLT)

"...Man shall not live on bread alone, but on every word that comes from the mouth of God." Matthew 4:4 (NIV)

3.Prayer and fasting make room for God to TRANSFORM us.

6 "No, the kind of fast I want is that you stop oppressing those who work for you and treat them fairly and give them what they earn. 7 I want you to share your food with the hungry and bring right into your own homes those who are helpless, poor, and destitute. Clothe those who are cold, and don't hide from relatives who need your help." Isaiah 58:6–7 (TLB)