

# What is fasting

Fasting helps \_\_\_\_\_ us to dependence on God by denying our physical bodies.

The purpose of fasting is to feed our \_\_\_\_\_.

Fasting prepares our \_\_\_\_\_ for what God desires to do in our lives.

Fasting is a physical representation of denying the \_\_\_\_\_ and putting on the new man in Christ.

The key to fasting is to seek God through \_\_\_\_\_.

During a fast, we should stay in God's presence through prayer, \_\_\_\_\_, and reading the Bible.

Before fasting, we should \_\_\_\_\_ our sins and repent.

We are called to \_\_\_\_\_ those who have offended us (Mark 11:25).

Romans 12:1 tells us to present our bodies as a living and holy \_\_\_\_\_.

Fasting should begin with a clear \_\_\_\_\_.

Beginners are encouraged to start \_\_\_\_\_ when fasting.

Jesus responded to temptation using the \_\_\_\_\_ of God.

Fasting helps us to depend on God for our \_\_\_\_\_ and strength.

We are not called to live as \_\_\_\_\_ Christians but in community.

Fasting is a way to \_\_\_\_\_ ourselves before the Lord.