

NOT SO, FAST | Fast - Feast

Bob Marvel | January 18-19, 2020

“How is it that we and the Pharisees fast, but your disciples do not fast?” Matthew 9:14

Jesus doesn't _____ but _____ proper fasting.

“The time will come... then they will fast.” Matthew 9:15

FASTING: Voluntary denial for spiritual purposes

“When you fast...” – not _____ or you _____

Beware the _____ and _____. (Isaiah 58:3, Jeremiah 14:12)

“Do not look somber as the hypocrites do... to show men they are fasting... But when you fast...” Matthew 6:16-17

_____ **from the world to** _____

“Your Father, who sees what is done in secret, will reward you.” Matthew 6:18

Not _____ fasting but _____ fasting (Matthew 9:16-17)

“Taste and see that the Lord is good.” Psalm 34:8

“I have food to eat that you know nothing about.” John 4:32

- _____ **fast**
- _____ **fast** (Daniel 1:8,12, 10:2-3)
- _____ **fast** (Daniel 10:3, 1 Corinthians 7:5)



CHANGING YOUR MIND (Romans 12:2)

“I will be fully satisfied as with the richest of foods; with singing lips my mouth will praise you.” Psalm 63:5