

Jesus answered, "It is written: 'Man does not live on bread alone, but on every word that comes from the mouth of God.'" Matthew 4:4

We suffer from _____.

"While they were worshipping the Lord and fasting..." Acts 13:2

Fasting: _____ **for spiritual** _____ (Matthew 16:24)

"Worshipped night and day, fasting and praying." Luke 2:37

Biblical fasting _____ **on** _____.

"God opposes the proud but gives grace to the humble." James 4:6

- Israel – Leviticus 16:29-31
- Exiles – Zechariah 7:5, 8:18-19; 2 Kings 25
- Pharisees – Luke 18:12
- Jesus – Matthew 4:2, 9:14-15

"The time will come when the bridegroom will be taken from them; then they will fast." Matthew 9:15

Not a _____ **but an** _____

"Blow the trumpet in Zion, declare a holy fast, call a sacred assembly. Gather the people... bring together the elders." Joel 2:15-16

3 weeks _____ . **3 weeks** _____ .

A deeper _____ **and** _____ **for God**



CHANGING YOUR MIND (Romans 12:2)

"Blessed are you who hunger now, for you will be satisfied." Luke 6:21