

Series: Less is More
Title: A Fast Review
Speaker: Bob Marvel
Date: January 8-9, 2021

“But grow in the grace and knowledge of our Lord and Savior Jesus Christ.” 2 Peter 3:18

Biblical Fasting - _____ **for spiritual** _____

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

Jesus’ instruction - _____ **and** _____ (*Matthew 9:14-15*)

“When you fast...” Matthew 6:16

The _____ **is a divine** _____, **not an** _____.

“The spirit is willing but the flesh is weak.” Matthew 26:41

A greater _____ (*John 4:32*)

“Blessed are you who hunger now for you will be satisfied.” Luke 6:21

An empty _____ **but a full** _____

“For three weeks, I ate no choice food; no meat or wine touched my lips; and I used no lotion at all until the three weeks were over.” Daniel 10:2-3

JANUARY 11-31, 2021



CHANGING YOUR MIND (Romans 12:2)

“For he satisfies the thirsty and fills the hungry with good things.” Psalm 107:9