

**Series: Less is More**  
**Title: Fast Forward**  
**Speaker: Bob Marvel**  
**Date: January 23-24, 2021**

*“Is not this the kind of fasting I have chosen?” Isaiah 58:6*

**Fasting is not an \_\_\_\_\_ to \_\_\_\_\_.**

*“Jesus, full of the Holy Spirit... was led by the Spirit in the desert... Jesus returned in the power of the Spirit.” Luke 4:1-2,14*

**Spiritual fasting for a \_\_\_\_\_... \_\_\_\_\_ for greater \_\_\_\_\_**  
*(Luke 4:18-19, Isaiah 61:1-2)*

*“Why have we fasted,” they say, “and you have not seen it? Why have we humbled ourselves, and you have not noticed?” Isaiah 58:3*

**God: “You’re doing it \_\_\_\_\_!”**

*“You cannot fast as you do today and expect your voice to be heard on high.” Isaiah 58:4*

**Fasting that leaves us \_\_\_\_\_ is \_\_\_\_\_.**

*“Is that what you call a fast, a day acceptable to the LORD?” Isaiah 58:5*

**Self-\_\_\_\_\_ leads to \_\_\_\_\_.** *(Matthew 25:40)*

*“You will be like a well-watered garden... you will be called Repairer of Broken Walls, Restorer of Streets with Dwellings.” Isaiah 58:11-12*

**The Result: \_\_\_\_\_ our lives... and \_\_\_\_\_ our \_\_\_\_\_**



**CHANGING YOUR MIND (Romans 12:2)**

*“In everything I did, I showed you that by this kind of hard work we must help the weak, remembering the words the Lord Jesus himself said: ‘It is more blessed to give than to receive.’” Acts 20:35*