

Series: Healthy Fasting
Title: Come Alive
Speaker: Scott Moon
Date: January 18-19, 2025

Biblical Fasting - *Voluntary denial for spiritual purposes.*

Healthy Fasting requires intentionality, _____, and _____, which leads to deeper intimacy and spiritual _____.

During a healthy fast we _____ for _____. (*Deut 4:29*)

Reduce _____ (*Give up*)

Increase our _____ (*Fill up*)

Increased _____ → increased _____ → increased _____ to God.

During a healthy fast we _____ God to _____ us. (*Psalm 139:23-24*)

_____ sin

→ _____

→ _____

→ _____

→ _____

→ _____

Healthy fasting brings your _____ to _____.

CHANGING YOUR MIND (Romans 12:2)

“But if from there you seek the Lord your God, you will find him if you look for him with all your heart and with all your soul.” Deuteronomy 4:29

“Search me, O God, and know my heart; test me and know my anxious thoughts. See if there is any offensive way in me, and lead me in the way everlasting.” Psalm 139:23-24