

“The Fast That God Has Chosen”

Isaiah 58:1-7; Mark 2:18-20; Judges 20; Acts 13; Matthew 6:5;
Matthew 6:16; James 4:10; Ephesians 3:20-21; Matthew 13:57

1. Scripture teaches us that there are some things that cannot happen without _____.
2. The fast that God has chosen _____ His power to do the miraculous in and through our lives and to others!
3. Jesus knew that there would be a time when He would not _____ be with His disciples.
4. Jesus is not physically with us now, so we need the spiritual power that comes from _____ and _____!
5. Prayer and fasting are _____ that we don't like.
6. If we don't understand what is accomplished by fasting, we will crumble like the _____.
7. The purpose of fasting is to deny the _____ in order to focus on the _____.
8. We fast:
 - For more _____ to Jesus' teachings (Matthew 6)
 - To demonstrate _____ on God (James 4:10)
 - For _____ of sin (Daniel 9)
 - For God's _____ and _____ (Acts 13)
 - For _____ in times of crisis (II Chronicles)
9. Fasting is a tool that God uses in our lives to enhance our _____ life and _____ to Him.
10. Fasting clears away _____ and allows us to hear God's voice more clearly.
11. _____ and lack of spiritual discipline stopped the disciples from receiving what God had for them.
12. Fasting doesn't change God – it changes _____.