



Sunday Morning Jun25th, 2023

### 3 REASONS CHRISTIANS NEED TO BE FASTING

Source text: Matthew 6:16-21

#### 1. WE NEED TO BE DEVOTED TO PRAYER

1. When would be an appropriate time to pray? \_\_\_\_\_
2. What are some things we can pray for? \_\_\_\_\_

#### 2. WE NEED TO CONSIDER WHAT WE ARE TRULY HUNGRY FOR

1. "The LORD is my \_\_\_\_\_," says my soul, "Therefore I will hope in Him!" 25 The LORD is \_\_\_\_\_ to those who \_\_\_\_\_ for Him, To the soul who seeks Him. -Lamentations 3:24-25
2. A pang of physical hunger does the spiritual body good in realizing we have NOTHING without God!

#### 3. WE NEED TO PRESERVE NEW TESTAMENT CHRISTIANITY

1. In the New Testament we see fasting done individually and as the church together.
  - Jesus fasted (Matthew 4:2).
  - Jesus said His disciples would fast after He returned to heaven (Matthew 9:15).
  - Jesus gave instructions for fasting (Matthew 6:16-18).
  - The church fasted and prayed before sending those out to preach the Good News (Acts 13:3).
  - The church fasted and prayed when appointing elders (Acts 14:23).

**“But when you fast, anoint your head and wash your face, that your fasting may not be seen by others but by your Father who is in secret. And your Father who sees in secret will reward you.”**  
**Matthew 6:17-18**

**So, remember, Jesus said, “When” you fast. NOT IF...**

Please note a special study on fasting compiled by brother Mark Copeland will be available in the back on the table in limited supply. If you would like a copy, please feel free to pick one up. If they are all gone, please let me know and I will see that you get a copy. (740.359.8865 / j\_helmick@comcast.net)

