

FASTING
Room To Grow, Pt.2
October 17, 2021

Fasting is abstaining from food for a spiritual purpose.

2 Chronicles 20:3-4 “Then Jehoshaphat was afraid and set his face to seek the LORD, and proclaimed a fast throughout all Judah. ⁴ And Judah assembled to seek help from the LORD; from all the cities of Judah they came to seek the LORD.” (ESV)

2 Chronicles 20:12 “Our God, will you not judge them? For we have no power to face this vast army that is attacking us. We do not know what to do, but our eyes are on you.” (NIV)

Fasting creates room for God to help me _____ .

Matthew 4:4 Jesus answered, “It is written: ‘Man shall not live on bread alone, but on every word that comes from the mouth of God.’” (NIV)

Listen _____ .

Joel 2:12-13 “That is why the LORD says, ‘Turn to me now, while there is time. Give me your hearts. Come with fasting, weeping, and mourning. ¹³ Don’t tear your clothing in your grief, but tear your hearts instead.’ Return to the LORD your God, for he is merciful and compassionate, slow to get angry and filled with unfailing love.” (NLT)

Matthew 4:1-2 “Then Jesus was led by the Spirit into the wilderness to be tempted by the devil. ² After fasting forty days and forty nights, he was hungry.” (NIV)

Combine _____ .

Daniel 9:3 “So I turned to the Lord God and pleaded with him in prayer and petition, in fasting, and in sackcloth and ashes.” (NIV)

Ezra 8:23 “So we fasted and petitioned our God about this, and he answered our prayer.” (NIV)

John 6:27 “Do not work for food that spoils, but for food that endures to eternal life, which the Son of Man will give you. For on him God the Father has placed his seal of approval.” (NIV)

John 6:35 “Then Jesus declared, ‘I am the bread of life. Whoever comes to me will never go hungry, and whoever believes in me will never be thirsty.’” (NIV)

John 6:53-56 “Jesus said to them, ‘Very truly I tell you, unless you eat the flesh of the Son of Man and drink his blood, you have no life in you. ⁵⁴ Whoever eats my flesh and drinks my blood has eternal life, and I will raise them up at the last day. ⁵⁵ For my flesh is real food and my blood is real drink. ⁵⁶ Whoever eats my flesh and drinks my blood remains in me, and I in them.’” (NIV)

The Beginner’s Guide to Fasting by Elmer Towns