

**“GIVE UP A FOOD CRAVING”**

*-Go after the spiritual discipline of fasting with prayer-  
Selected Scriptures*

**Introduction:**

**I. Fasting is \_\_\_\_\_ to our spiritual development. Matt. 6:1**

**II. Fasting allows a sense of \_\_\_\_\_ on how it should be done. Ex. 34:28; Esther 4:15; Daniel 1:12; 10:3)**

A. *There are at least two broad categories of fasting found in Scripture:*

1. The \_\_\_\_\_ fast. (Ex. 34:28; Esther 4:15; Acts 9:9; Matt. 4:1-2)
2. The \_\_\_\_\_ fast. (Dan. 1:12;).

**III. Fasting is a means of drawing closer to God for the things we \_\_\_\_\_ in life. (Scripture Selections)**

A. *These things present us with opportunities to draw closer to God through fasting with prayer:*

1. It's a good time to fast with prayer when we are facing a \_\_\_\_\_ and we need to hear from God about what to do. 2 Chron. 20:3

2. It's a good time to fast with prayer when needing God's provision and protection for a special \_\_\_\_\_. Ezra 8:21, 23; 31-32

3. It's a good time to fast with prayer when we realize we've \_\_\_\_\_ from the Lord and are in need of spiritual restoration through confession and repentance. Neh. 9:1-3

4. It's a good time to fast with prayer when \_\_\_\_\_ a special season of ministry where our vigilance for the enemy needs to be high. Matt. 4:1-2

5. It's always a good time to fast with prayer during the normal \_\_\_\_\_ of personal and corporate ministry. Acts 13:2; 14:23

**IV. Fasting affords us a \_\_\_\_\_ of a different kind. John 4:32, 34**

**V. Fasting requires we don't \_\_\_\_\_ around with how we implement it. Mt. 6:16; Isaiah 58; Lk. 18:12**

A. *This is marked by the following:*

1. Merely abstaining from food without engaging the \_\_\_\_\_ toward God. (Joel 2:12-13; Isaiah 58)
2. Carrying a notion of spiritual \_\_\_\_\_. Lk. 18:12
3. Wanting to be \_\_\_\_\_ by others. Mt. 6:16