

**Full as a Tick on a Bloodhound or Hangry?**  
**Seeing the Importance of My Actions Series**  
**A Sub-Section of the See Series**  
**Mathew 6:16-18**  
**September 20, 2020**

- I. Why Should I \_\_\_\_\_ Fasting? Daniel 9:3; Mark 9:29
- A. What is \_\_\_\_\_?
1. Fasting is much more than simply going without food or certain drinks; it is a spiritual \_\_\_\_\_ and \_\_\_\_\_.
  2. "It's just one way of telling God that your \_\_\_\_\_ at that moment is to be alone with him, sorting out whatever is necessary, and you have \_\_\_\_\_ the meal, party, concert, game or whatever else you had planned to do in order to fulfill that priority". James Packer, *Your Father Loves You*
- B. What Are the \_\_\_\_\_ and Blessings of Fasting? Jeremiah 36:6; Acts 27:9
- C. What are Specific \_\_\_\_\_ and \_\_\_\_\_ for Fasting? v.16-18
1. We Must See the \_\_\_\_\_ of Fasting.
  2. We Must Seek the \_\_\_\_\_ of Fasting.
    - a) For Fasting to Be \_\_\_\_\_:
      - (1) Our Prayer Life Must Be \_\_\_\_\_.
      - (2) Our Priorities Must Be God \_\_\_\_\_.
        - (a) \_\_\_\_\_ Him Matthew 6:33
        - (b) \_\_\_\_\_ Him John 17:4
      - (3) Our Position Must Be \_\_\_\_\_ on God. Matthew 4:1-4
  3. We Must Surrender to the \_\_\_\_\_ of Fasting.
- II. Important Takeaways:
- A. Biblical Fasting must always be \_\_\_\_\_ with Biblical Prayer.
  - B. Biblical Fasting allows us to see our \_\_\_\_\_ on God while Biblical Prayer allows us to \_\_\_\_\_ God's directives.
  - C. Biblical Fasting allows us to be \_\_\_\_\_ to the \_\_\_\_\_ of the Holy Spirit while Biblical Prayer allows us to \_\_\_\_\_ the wishes of the Father.
  - D. Biblical Fasting coupled with Biblical Prayer must be a \_\_\_\_\_.