



## Why Fast?

Matthew 6:16-18, "**When** you fast do not look somber as the hypocrites do, for they disfigure their faces to show others they are fasting. Truly I tell you, they have received their reward in full. <sup>17</sup>But **when** you fast, put oil on your head and wash your face, <sup>18</sup>so that it will not be obvious to others that you are fasting, but only to your Father, who is unseen; and your Father, who sees what is done in secret, will reward you."

## Four Kinds of Fasts

- The \_\_\_\_\_ fast

"I tasted neither wine nor meal, and, of course, I went without desserts. I neither washed nor shaved nor combed my hair" (Daniel 10:3, LB)

- The \_\_\_\_\_ fast

"They fasted that day until evening" (Judges 20:26)

- The \_\_\_\_\_ fast

"Then Ezra . . . ate no food and drank no water" (Ezra 10:6, NIV)

- The \_\_\_\_\_ fast

"After fasting forty days and forty nights, he [Jesus] was hungry" (Matthew 4:2, NIV)

## Four Reasons to Fast

**F** \_\_\_\_\_

"But even now," says the Lord,  
"repent sincerely and return to me  
with fasting and weeping and mourning. . . .  
--Joel 2:12-13, TEV

"When I heard all this, I sat down and wept. For several days I mourned and did not eat."  
--Nehemiah 1:3-4 TEV

**A** \_\_\_\_\_

Anna "worshipped night and day, fasting and praying." (Luke 2:36-38)

**S** \_\_\_\_\_

"I gave orders for us all to fast and humble ourselves before our God. . . . So we fasted and prayed . . . and he answered our prayers." (Ezra 8:21-23, TEV)

"Jehoshaphat resolved to inquire of the Lord, and he proclaimed a fast for all Judah. The people of Judah came together to seek help from the Lord; indeed, they came from every town in Judah to seek him. Then Jehoshaphat stood up in the assembly of Judah and Jerusalem at the temple of the Lord in the front of the new courtyard and said: 'We do not know what to do, but our eyes are upon you.'" (2 Chronicles 20:3f)

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