



Feasting Through Fasting

Matthew 6:11-15

Big Idea: The focus of fasting must be feasting on God

Biblical Fasting: Voluntarily reducing or eliminating my intake of earthly food for a specific time with the purpose of seeking God wholeheartedly and fervently

3 Types of Biblical Fasts

- 1) Partial fast (Daniel 10:3): abstaining only from delicacies like meat and wine
- 2) Complete fast (most common throughout the Bible): abstaining from solid food while drinking water and/or juice
- 3) Absolute fast (Acts 9:9): abstaining from all food and liquid for up to 3 days

I Feast on God by (Matthew 6:16-18)

- 1) Humbling my heart (V. 16)
- 2) Focusing my heart (V. 17-18)

3) Seeking God's heart (V. 18)

How to Seek God's Heart Through Fasting (Nehemiah

1)

1) Mourn my situation (V. 1-4)

2) Proclaim God's character into my circumstances (V. 5-6)

3) Repent wholeheartedly and completely (V. 6-7)

4) Claim God's promises confidently (V. 8-10)

5) Ask God to intervene for His glory (V. 11)

YOU ARE LOVED