



Ken Letson, Pastor
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Message Series
"Disciplines of a Disciple"

"...Discipline yourself for the purpose of godliness." –1 Timothy 4:7

"How to Be Godly...Fast"

Matthew 6:16-18

¹⁶“And when you fast, do not look gloomy like the hypocrites, for they disfigure their faces that their fasting may be seen by others. Truly, I say to you, they have received their reward. ¹⁷But when you fast, anoint your head and wash your face, ¹⁸that your fasting may not be seen by others but by your Father who is in secret. And your Father who sees in secret will reward you.

Fasting is...

'Fast Facts'

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"Fasting reveals what controls you." –Richard Foster (*Celebration of Discipline*)

Why Fast?

(Five biblical reasons for spiritually-focused fasting)

1. to empower _____.

Ezra 8:23, Matthew 17:21

2. to seek _____.

Judges 20, Acts 14:23, Job 23:12

3. to express _____.

1 Samuel 31:13, Joel 2:12, 1 Samuel 7:6, Psalm 35:13, Jonah 3:5-8, Isaiah 58

4. to seek _____.

2 Chronicles 20:3-4, Esther 4:16

5. to offer _____.

Luke 2:37, Acts 13:2

Helpful Hints for Practicing Biblical Fasting

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