

Why Should I Fast?

Pastor Ben Hunt

1.) It is designed and prescribed by God.

Isaiah 58:3-11

Matt 6:16 and 9:14

Primary Point: God intended fasting to be part of our sanctification.

2.) It is designed for our humility.

Philippians 4:11-13

Philippians 3:7-10

3.) It is designed to help us battle the flesh.

Jesus temptation in Matt 4 and Luke 4

Application questions:

What is the meaning of sackcloth and ashes?

Why do you suppose Jesus fasted?

How does it make you feel that Jesus assumes you will fast?

What are some ways that you can choose to live a more “meek lifestyle”s?

What are some ways in your life God has placed you on a “fast” of sorts?