



Pastor Bob Guetterman
February 21st, 2010

Current Series: **“Lent for Protestants”**
Disciplines of Devotion for Spiritual Growth

“The Discipline of Fasting”

Matthew 6:16-18

- **Lent?**
- **Spiritual Growth?**
- **Disciplines?**

I. Jesus _____ that We Would Fast

“When you fast...”

Biblical fasting is the complete abstinence from all substances except water for spiritual purposes.

II. Fasting is a _____ Spiritual Discipline

“so that it will not be obvious to men”

III. Spiritual Fasting Seeks Spiritual _____

“and your Father, who sees what is done in secret, will reward you.”

A. The Blessing Only _____ Can Give

B. The Blessing of a _____ Life

- *Philippians 3:18-20*
- *Isaiah 58:1-9*

Application

Fasting is a Spiritual Discipline Designed to Help Us

1. _____ On Our Life through Listening Prayer

Daniel 9:3

Fasting is a Spiritual Discipline Designed to Help Us

2. _____ Our Life to Live the Way God Wants

Joel 2:12