

# Fasting

January 3, 2021 Lighthouse Church  
Pastor Dale Baker

Matthew 6:16-18

*<sup>16</sup> “And when you fast, don’t make it obvious, as the hypocrites do, for they try to look miserable and disheveled so people will admire them for their fasting. I tell you the truth, that is the only reward they will ever get. <sup>17</sup> But when you fast, comb your hair and wash your face. <sup>18</sup> Then no one will notice that you are fasting, except your Father, who knows what you do in private. And your Father, who sees everything, will reward you.*

Fasting is the voluntary denial of an otherwise normal function for the sake of intense spiritual activity.

## 3 Types of Fasts

1. Normal - abstain from all food (solid or liquid) but not \_\_\_\_\_
2. Absolute – abstain from all food or water
3. Partial – a restricted diet eliminating some foods  
Daniel 9:3

## Reasons to Fast

1. Honor God – Luke 2:37
2. Humble Ourselves Isaiah 58:3
3. Mourn & Repent – Nehemiah 9:1-2
4. Deepen Our Relationship With God – Joel 2:12
5. Intercede Isaiah 58:6
6. Gain Spiritual Wisdom & Insight – Acts 13:2-3
7. Operate in the Spirit – Matthew 9:14-15