

Intro - Stripped out of our lives - Why 1. Remembrance against Calvinism  
2. unattractive teaching

Defn: abstaining from food for spiritual reasons

Prayer + Fasting | Prayer = Heaven  
2. Fasting = from earth

not mechanical

I - Practice = one emphasis I find in O.T. when  
it begins to move, this people wants to seek His face.

Matt 9 - Jesus taught it indirectly  
- how He did for granted His disciples were fast.

II - Purpose = it is a means to an end, not an  
end in itself. It is something that a man should  
do only when he feels impelled or led to it by spiritual  
reasons.

III - Power

Fasting