

Intro: House on Sta U. 40 = "way to a man's heart thru his stomach" -
 Satan originated that. Eve; Noah, Drunk Gen 9:20, 21;
 Isaac favored Esau because he liked the food, he provided;
 Gen 25:28; Esau sold birthright Gen 25. Israel in
 the wilderness Ex 16 - flesh pots of Egypt; 1 Cor 10:5;
 Paul's Suffer = 1 Cor 11; Phil 3 - O to their belly;
 Matt 4:3-11 Jesus & Satan
 a relation between the Physical & Spiritual
 why O commands fasting.

Practice in Bible
 " Today

Def = abstaining from food for spiritual reasons
 Matt 6; Luke 5:34, 35
 Matt 9

I - The Practice of Fasting

1 - Biblical Examples = when O moved, it caused the
 people to move & seek His face.
 Moses, Elijah, Daniel - Moses on Mt Sinai, Daniel,
 Elijah, Jesus, Daniel, II Sam 12:16; Luke 2:37; Acts 10:30
 Acts 13:3; Acts 14:23

2 - Jesus takes it for granted His Disciple w/ fast -
 Matt 6; 9:14, 15

Private &
 Public

3 - Three kinds of fast

- ① ~~total fast~~ Normal, Total fast = Jesus =
 no food but water
- ② absolute = Acts 9:9 = no food or water
- ③ Partial Dan 10:3 = no pleasant food.

4 - Length = 1, 3, 7, 21, 40 days

as an expression of
 repentance

II - Purpose of Fasting = a means to an end,
 not an end in itself = not for sake of fasting - an urge from within
 - Eye 8:21

- 1 - Discipline = Psa 35:13; Psa 69:10
- 2 - Devotion = seeking the Lord's face - Dan 9:3
 Dan 10:3. Jesus in wilderness - Acts 13:3, 14:23
 aid to prayer = I Kings 19:8 - Elijah = changed
- 3 - Deliverance = Joel 1:12-15; Jonah 3:5-9
 Dan 10:3 - Satan; Esther 4:16; 2 Chron 20:3, 4

prayer & fasting almost always linked in Scripture