

The Purpose of Fasting
Part 1 of Series: Prayer & Fasting
Joel 2:12-15 & Matthew 6:16-18

Introduction: Matthew 6:5-7,16

What is the purpose of fasting?

1. It enhances _____ with God the Father.
(Joel 2:12; Matthew 6:18)

2. It _____ our _____ to express _____ for sin and _____. (Joel 2:12,13; Matthew 6:16,17; Isaiah 58:3,4; Psalm 139:23,24)

3. It _____ for us an _____ to _____ ourselves before God. (Joel 2:13,14; Ezra 8:21,23; James 4:6; 1 Corinthians 1:27)