

The Gospel According to Matthew

Jesus and Fasting – a Biblical Understanding of Fasting

Sunday, November 20th, 2022

Text: Matthew 6:16-18

1. 5 truths Jesus taught about Fasting

- Matthew 6:2, 5, 16-17
- Matthew 4:1-4
- Deuteronomy 8:2-3
- Job 23:12
- 1 Peter 2:2
- Jeremiah 15:16
- John 4:31-35
- Matthew 9:14-17
- Joel 2:12-13
- Daniel 9:3

2. 7 Warnings when we Fast

- Matthew 6:1, 5, 16
- Zechariah 7:3-5
- 1 Corinthians 6:12
- Isaiah 58:1-4
- Jeremiah 14:10-12

3. 7 Benefits of Fasting

- Joel 2:12-13
- Daniel 9:3
- Psalm 63:1-2
- Acts 13:3
- Acts 14:23
- Deuteronomy 9:18
- 1 Samuel 7:3,6
- Nehemiah 9:1-2
- Daniel 9:3-6
- Jonah 3:5-8
- 2 Corinthians 7:10
- Psalm 38:18
- Romans 7:18
- Galatians 5:16-17, 24
- 1 Corinthians 9:27
- Luke 9:23
- Deuteronomy 8:3
- Job 23:12
- Esther 4:16
- 2 Samuel 12:16
- Acts 10:3-6
- Acts 10:30